



# OCB Visions

November 2014

## A LETTER FROM OCB'S PRESIDENT

Dear OCB Patients and Family Members,

Welcome to the first edition of OCB Visions, a quarterly newsletter dedicated to providing you with timely information you can use to better understand your eye health. In its pages OCB will share with you news about the significant clinical research and advances we are involved with that are preventing and treating vision loss around the world as well as news about our practice and staff.



OCB was founded in Boston by three ophthalmologists in 1969. We now have 34 ophthalmologists and 15 optometrists caring for patients from eight practice locations to provide community based eye care. In addition, OCB performs surgery at four ophthalmology specific licensed ambulatory surgery centers (ASCs). OCB provides comprehensive and specialized eye care employing state of the art diagnostic and therapeutic techniques and equipment to aid in achieving optimal vision outcomes.

Our ophthalmologists are known regionally and nationally as experts in their respective specialties and are frequently presenting at both national and international meetings delivering scientific papers about our clinical experience and results of clinical research performed at OCB. OCB's fellowship program is training the next generation of ophthalmologists in specialty care of cornea, glaucoma and retina.

OCB's goal is to provide you, our patients, with the best eye care possible. We feel privileged to participate in your visual future.

Sincerely,

Trexler M. Topping, MD  
President

Ophthalmic Consultants of Boston

## Preventing Diabetes Related Vision loss

If you are living with diabetes or considered pre-diabetic, it is crucial that you are vigilant about your eye health.

Diabetes is the leading cause of blindness among adults age 20 – 74 in the United States, even though vision loss due to diabetes is preventable.

November is recognized as Diabetes Awareness Month and OCB's eye doctors are reminding our diabetic and pre-diabetic patients that early detection and early intervention along with healthy lifestyle changes are key to protecting your vision.

Diabetic retinopathy is the most common eye problem among diabetics. Of patients who have had diabetes for over 15 years, more than 80% will develop diabetic retinopathy. With this condition, blood vessels in the back of the eye become damaged and swell, leak, close off completely, or grow abnormally. Diabetes can

also lead to glaucoma, macular degeneration, or cataracts at an earlier age.

Dr. Topping shares these tips to prevent vision loss associated with diabetes:

**Keep blood sugar tightly controlled.** High levels of glucose in blood damages blood vessels in the eyes. This means your HbA1c test, a blood test doctors use to measure your average blood sugar level, should be within normal ranges.

*"We want patients with diabetes to have a higher quality of life for many years and that is possible if they take important preventative measures."*

*Trexler M Topping, MD*

**Keep blood pressure and cholesterol levels within normal ranges.** High blood pressure and high cholesterol can increase the risk of diabetic eye diseases and vision loss.

**Quit smoking.** Smoking also increases your risk for eye conditions associated with diabetes.

**Eat a healthy diet and exercise regularly.** Weight loss is a primary therapy for treating and preventing diabetes. Studies show that losing even 5% to 10% of your body weight can help manage the disease. In addition, these lifestyle changes can assist in controlling blood pressure and cholesterol and in reducing your risk for heart disease.

**Get a comprehensive dilated eye examination once a year.** Diabetic

retinopathy has no symptoms in its early stages. By dilating your pupil, your eye doctor can examine the retina and optic nerve meticulously

for signs of damage before vision changes occur.

"Blindness can be prevented with early detection," said Dr. Topping. "If your eye health is stable, we will see you back in a year."



## New Laser and Surgery Center Opens in Plymouth



Our OCB team in Plymouth is welcoming patients into a brand new, bright and comfortable, state of the art ambulatory eye surgery center. The Plymouth Laser and Surgical Center (PLSC) moved to its new home, **146 Industrial Park Rd., Plymouth** in October, enabling our experienced team of eye surgeons to deliver the most advanced, highest quality care to our patients in Plymouth County and surrounding areas while improving their overall experience.

“We strive to create a soothing environment for patients. Anticipating eye surgery can be very anxiety provoking and we truly wanted this new center to have features that help bring the patient’s anxiety level down,” said Katie Murphy, RN, Administrator for PLSC.

The new center offers two operating rooms equipped with the most sophisticated technologies, laser and surgical equipment and spacious pre and post-operative suites complimented by comfortable waiting areas. In addition, it is located in the same building as OCB Plymouth Eye Center to allow both practice visits and surgical & laser treatments in one location.

“It makes it more convenient for patients having our surgical, diagnostic and technical team in the same building. It allows us to simplify the process and coordinate patient care resulting in fewer visits,” said Daniel O’Connor, MD, Medical Director for PLSC.

The physical construction of the roughly 5,000 square foot center incorporates the most advanced infection control technologies and sterilization equipment. The center exceeds the highest standards set forth by the American Association for Ambulatory Health Care (AAAHC). Patients have access to cataract and glaucoma surgery along with retinal laser treatments. LASIK and Oculoplastic services will soon follow.

Dr. O’Connor says that in his 20 years of practice he has witnessed a growing demand for cataract surgery due to an increased retirement population in the surrounding area and a trend towards patients opting to have surgery in highly specialized ambulatory surgery centers (ASCs) at a lower cost than in a hospital setting.

“Patients are treated by a highly experienced, reassuring team focused only on eyes”, he said. “Because of our singular focus, we

are in tune to the patients’ needs. We operate more efficiently and cost effectively than we could in a hospital setting and it’s the patient who benefits.”



Daniel O’Connor, MD

## News & Tips

### OCB WELCOMES DR. ENGLANDER & DR. RIFKIN

**Miriam Englander, MD** a retina specialist, joins OCB after completing her fellowship training in vitreoretinal surgery at the Cole Eye Institute at the Cleveland Clinic. She specializes in conditions of the retina, macular degeneration and diabetic retinopathy. **Lana Rifkin, MD** joins OCB after completing her fellowship in uveitis at Northwestern University in Chicago. She specializes in uveitis and inflammatory conditions of the eye. Read their complete bios at [www.eyeboston.com](http://www.eyeboston.com).



Miriam Englander, MD

Lana Rifkin, MD

### Optimize Your Flexible Spending!

As 2014 draws to an end and you plan for 2015, consider the ways our patients use their flexible spending plans:

- New glasses, swimming or ski goggles
- Contact lenses and supplies
- Schedule a LASIK evaluation at any of our practices

### OCB Doctors Honored by American Academy of Ophthalmology

OCB Founder **B. Thomas Hutchinson, MD** was recognized by the American Academy of Ophthalmology as the 2014 Orbital Gala Special Honoree for his decades of dedicated service. The Academy cited Dr. Hutchinson's significant contributions, as a past Academy President, longtime Board of Trustees member, Founding Chair of EyeCare America and Chair of the Foundation Advisory Board. The event, held in Chicago as part of the Academy's annual meeting, was attended by more than 350 ophthalmologists from around the world.

Cataract & refractive surgeon **Bonnie An Henderson, MD** was also honored. Dr. Henderson received the prestigious Suzanne Véronneau-Troutman Award, presented by Women in Ophthalmology (WIO) for accomplishments she made throughout the year that have advanced the position of women in the field of ophthalmology.

OCB ophthalmologists **Husam Ansari, MD, PhD, Laura Fine, MD, Jeffrey Heier, MD, Bonnie An Henderson, MD, Chirag Shah, MD, MPH and Bradford Shingleton, MD** presented at the AAO meeting.

### Ebola Preparedness

We want to assure our patients that we have put in place procedures for safe and effective screening and evaluation of patients who may be at risk for exposure to the Ebola virus due to recent travel to West Africa. If you have any questions or concerns, please contact our office.

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