

# OCB VISIONS

SPRING  
2019

## Soothing irritated eyes

As flowers bloom and pollen counts rise, irritated eyes become a universal complaint. However, it is difficult to distinguish whether you are suffering from allergies, pink eye or dry eye, or some combination. For instance, treating the symptoms of dry eye with allergy medication is a common mistake. The following are tips to assist you in determining what is causing your eye woes and what you can do to obtain relief.

*(Continued inside)*



## OCB opens new practice in Falmouth

As OCB celebrates 50 years of excellence in eye care, we are pleased to announce the opening of our newest practice location at 186 Jones Road in Falmouth. As part of our ongoing commitment to bring our team of eye care specialists closer to you, we are delighted to offer our patients who live in the Falmouth area the ease of a more convenient location.

OCB opened its first practice in Boston in 1969 and has been caring for residents of Cape Cod for over 25 years. OCB's prestigious team of eye care specialists are leaders in their field, offering personalized and compassionate eye care. To schedule an appointment, call 1-800-635-0489 and speak to one of our schedulers, or visit our web site at [www.eyeboston.com](http://www.eyeboston.com).



*The Center for Eye Research and Education is a non-profit foundation led by OCB physicians that supports projects throughout the world aimed at preserving vision for those in need. To donate, go to:*

<https://www.eyeboston.com/patients-visitors/give-a-gift>



**Inside this Issue:  
Remembering  
A. Robert  
Bellows, MD**

## Soothing Irritated Eyes

(Continued from front cover)

Eye Allergy	Dry Eye	Pink Eye
<b>W H A T I T I S</b>		
Eye allergies (called allergic conjunctivitis) occur when the eyes react to matter that irritates them, called an allergen, and produce a substance called histamine to fight off the allergen. In New England this time of year, pollen is the most common type of allergen causing eye irritation. But you could also suffer from chronic perennial allergies from indoor allergens such as dust or pet dander.	Dry eye occurs when your eyes produce poor quality tears or do not produce enough tears, failing to keep the surface of your eyes adequately lubricated. Dry eye can be debilitating, leading to intense symptoms including burning, grittiness and blurry vision. The cause of dry eye is usually inflammation of the eye's oil producing meibomian glands. Oils produced by meibomian glands seal in and prevent evaporation of your tear film. It may also be caused by certain medications, autoimmune conditions or hormonal changes that occur in women during pregnancy and after menopause.	Pink eye (viral or bacterial conjunctivitis) may also cause red, burning and itchy eyes. There are several types of pink eye. The most common is caused by a virus and is very contagious, easily spreading through schools and other crowded places. Another type, bacterial conjunctivitis, is an infection caused by bacteria that tends to lead to sore red eyes with lots of pus.
<b>S Y M P T O M S</b>		
Your eyes become red, swollen and itchy. You may experience sneezing and a stuffy, itchy nose, a headache and itching or sore throat.	You may feel like your eyes are stinging and burning. There is a scratchy or gritty feeling, as if something is caught in your eyes. You could also have an excessive amount of tears in your eyes because your eyes may make more tears when they are irritated by dry eye.	Symptoms can be similar to allergic conjunctivitis. With the bacterial form, eyes can become painful, and develop mucus, pus or a thick yellow discharge from the infected eye.
<b>W H A T Y O U C A N D O</b>		
Avoid rubbing your eyes, which can bring allergens on your fingertips in direct contact with your eyes. Shower before you go to bed, washing your hair, to wash allergens away. Try an over the counter allergy eye drop and apply saline eye drops after being outdoors to wash away allergens.	Over the counter artificial tears can help. Apply a warm compress to your eyes twice a day, use a cool mist humidifier and take breaks from staring at screens, which can disrupt blinking. If your symptoms are not controlled by over the counter measures, schedule an appointment with your OCB ophthalmologist or optometrist. Many new therapies are available. Visit <a href="http://www.eyeboston.com/services/dry-eye">www.eyeboston.com/services/dry-eye</a> to learn more.	If it is caused by a viral infection, there are no specific treatments as your body fights the virus on its own. Placing a cool, wet washcloth on your eyes can provide comfort. If your pink eye is caused by a bacterial infection, your OCB eye doctor may prescribe antibiotic eye drops or ointment..



OCB mourns the loss of **Albert Robert Bellows, MD**, who joined OCB as its fourth member in 1974 and for 37 years was an integral part of OCB's growth and recognition on the national scale. Dr. Bellows passed away on March 5 after battling a long illness.

During his time with OCB, Dr. Bellows treated the most advanced problems in glaucoma and operated on complex surgical problems in both cataract and glaucoma patients. He lectured on glaucoma and cataract nationally and internationally, participated in clinical research and held academic positions at Harvard and Tufts Universities. For more than 30 years, Dr. Bellows inspired and mentored medical students, glaucoma fellows, and residents at Harvard, Tufts and Boston University with his clinical and surgical expertise.

On a national level, Dr. Bellows served on the board of directors of

the American Glaucoma Society and the New England Ophthalmological Society. As a member of the American Academy of Ophthalmology, Dr. Bellows merited the Academy's prestigious Honor Award and Senior Honor Award. He also participated in a six-year membership of the POACE (Practicing Ophthalmology Advisory Committee on Education) and the Academy's annual program committee.

Dr. Bellows is survived by his wife, Dr. Jean Bellows, two sons, a daughter and four grandchildren. He will always be remembered for his quick wit, compassion and intellectual generosity.

### Do not forget your protective eyewear

With the change of seasons, spring cleaning may be on your agenda. But if you are like most people, you are probably not thinking about protecting your eyes. In fact, 40 percent of eye injuries occur in the home due to home repairs, yard work, cleaning and cooking, according to a report by the American Academy of Ophthalmology AAO and the American Society of Ocular Trauma.(ASOT) Most of these injuries could have been prevented with one, simple step — wearing protective eyewear.

The AAO recommends that every household have at least one pair of standard protective eyewear

that is approved by the American National Standards Institute (ANSI). Choose eyewear with "ANSI Z87.1" marked on the lens or frame. The eyewear should be worn for any project that involves: hazardous chemicals or substances that could damage the eyes upon contact; sharp objects, flying debris or other small particles; or objects that can become projectiles and fly into the eyes unexpectedly.

If you have an eye injury, see your OCB ophthalmologist or visit your nearest emergency room.

## OCB Welcomes Dr. Vuong



OCB is pleased to welcome Laurel Vuong, MD, who specializes in evaluation and treatment of diseases causing vision loss due to damage of the optic nerve and visual pathways. Dr. Vuong also specializes on the treatment of motility disorders. Dr. Vuong earned her medical degree at Tufts University School of Medicine and completed her residency training in ophthalmology at Tufts New England Eye Center. She completed her fellowship training in neuro-ophthalmology at Emory Eye Center at Emory School of Medicine in Atlanta. Dr. Vuong holds the academic appointment of assistant professor of ophthalmology at Tufts University School of Medicine. She is seeing patients at OCB's Boston office.

## Dr. Shingleton Lectures in India

OCB Ophthalmologist Bradford Shingleton, MD was an Honored Guest Lecturer at the All India Ophthalmology Society Meeting in Indore, India February 12-15, 2019. Thousands of ophthalmologists from around the world attended the meeting. Dr. Shingleton also visited the Aravind Eye Care System sites and participated in Grand Round presentations on cataract and glaucoma surgery.



WELCOMING NEW PATIENTS

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