



OCB Visions

Summer 2015

A LETTER FROM OCB'S PRESIDENT

Dear OCB Patients and Family Members,

OCB's team of physicians are passionate about caring for patients, pioneering research and teaching the next generation of ophthalmologists. This summer we welcome a new group of physicians who have completed their residency and are now going to spend one or two years with OCB, learning more through one of OCB's three Ophthalmology Fellowship Programs that we offer in partnership with Tufts Medical Center. We congratulate each of them on devoting even more time after graduating from medical school to learn more about patient care and surgical and laser treatments. Their achievements and dedication are deeply appreciated and wish them the very best!



This summer, OCB continues to enhance the services that we provide and welcomes three top notch ophthalmologists to our team of eye care specialists; Dan Hu, MD, David Reed, MD, and Christopher Sales, MD. To provide greater convenience to our patients, OCB is opening new practice locations to bring our team of eye care specialist closer to you. OCB Beverly will have a new home at MGH North Shore in Danvers and our newest practice, OCB Wareham Eye Center, opens on the South Shore.

Wishing you optimal health.

Sincerely,

Trexler M. Topping, MD

President
Ophthalmic Consultants of Boston

Patient Gateway

OCB's new patient portal has made communicating with your medical team easy!

Check out Patient Gateway
www.patientgateway.partners.org

What You Should Know About Cataracts

Cataract is one of the leading causes of blindness in the United States. Approximately 24.5 million Americans have this lens-clouding eye condition. The longer advanced cataracts are left untreated, the more difficult it can be to successfully remove the cataract and restore vision.

Here are five facts you should know about cataracts:

Most cataracts develop as a normal part of aging. The lens of your eye is made mostly of water and protein. As we age, the lens continues to grow layers on its surface and hardens. Protein in the lens may clump together, preventing light from passing clearly through the eye. This cloudiness of the lens is what we call a cataract. In the beginning stages of a cataract, you may have 20/20 vision.

One of the first symptoms people notice is glare while driving at night or in the bright sun. Other common symptoms include cloudy vision, increased light sensitivity or you may see halos or lines of light.

"Cataracts were affecting my ability to do my job. I was not seeing clearly. I had difficulty reading copy and there were halos around street lights. I knew there was something wrong and I realized there was something I could do about it. I would encourage anyone who needs cataract surgery to get it done. The difference in my vision before and after was absolutely amazing."

-Cathy Dee, WATD radio host and OCB patient.

Certain precautions may slow down the progression of cataracts. These include avoiding ultraviolet light from the sun with sunglasses, avoiding smoking, and avoiding steroid drops unless absolutely necessary. Taking care of health problems associated with early development of cataracts, such as diabetes can also help.

Your eye doctor can diagnose a cataract during a comprehensive eye exam. Even if immediate treatment is not required, your eye doctor can confirm the presence of a cataract and have a baseline from which to compare your vision as your cataract progresses. During the early stages of cataracts, when

symptoms are mild, treatment may involve a prescription for glasses. But once you notice cataracts interfering with your day to day life, surgery may be recommended. There are no medications or eye drops that will treat cataracts.

After cataract surgery, many of our patients experience life-changing improvement in vision. Cataract surgery is an outpatient procedure. Your natural lens is replaced by an intra-ocular lens (IOL) that contains the appropriate lens power, to provide you with the best vision possible. With the new lenses, patients find they no longer have to put up with the blurriness, the glare and the frustration that comes with losing vision due to cataracts. Visit our website at www.eyeboston.com to learn more about cataracts.



Cloudy vision is a symptom of a cataract



First year fellows from left to right: Allen Pusateri, MD; Nisreen Mesiwala, MD; Adrian Elfersy, MD; Joshua Apple, MD; Shilpa Desai, MD; Sabin Dang, MD. Not pictured: Second year fellows Courtney Crawford, MD; Anthony Joseph, MD.

OCB Welcomes 2015-2016 Fellows

OCB congratulates and welcomes six new fellows and two returning second year fellows who will comprise our Ophthalmology Fellowship Program that is offered in partnership with Tufts Medical School.

For 40 years, OCB has trained more than 200 fellows in ophthalmic specialties, many of whom have gone on to become leaders in their respective fields.

OCB's fellows have completed their residency and graduated from Medical School and have been selected to pursue additional subspecialty ophthalmic training because of their outstanding achievements and passion in ophthalmology. While at OCB, fellows see patients in our practice to learn more about advanced eye conditions, complications and treatments. They also participate in taking patient calls after hours to learn how to diagnose and treat a variety of patient issues.

To obtain more experience in surgery, they assist OCB's surgeons in performing complex surgical cases. They also work with OCB's ophthalmologists who are participating in research that is shaping the future of eye care.

OCB fellowship programs in Cornea, Glaucoma and Retina have grown to be considered among the most competitive and top tier in the country, offering fellows a unique opportunity to work in both a university and private practice setting. Their time is shared between rotations at New England Eye Center at Tufts Medical Center and OCB locations.

"One of the most important things I have learned from working with OCB doctors is that you can carve out a private practice for yourself, but still be involved in research and teach," says Vitreoretinal Surgery Fellow Anthony Joseph, MD. "That is what I have my eyes set on for the future and it comes from having great role models."



CERE is a non-profit foundation that supports projects throughout the world aimed at preserving vision for those in need. Led by OCB physicians, CERE is dedicated to advancing eye care research as well as educating and training future ophthalmologists. Please visit www.cere-foundation.com for more information or to make a donation.

News & Tips



Daniel Hu, MD

David Reed, MD

Christopher Sales, MD

Three Ophthalmologists Join OCB

OCB Welcomes **Daniel Hu, MD**, a Cornea, Refractive and Cataract Specialist, who is accepting new patients in our Boston Plymouth, Sandwich and Wareham locations; **David Reed, MD**, a Retina and Diabetic Eye Care Specialist, who is accepting new patients at our Plymouth, Wareham, Sandwich and Yarmouth practices; and **Christopher Sales, MD**, a Cornea, Refractive and Cataract Specialist, who is accepting new patients in our Boston, Cambridge and North Shore locations. Their complete bios are available at www.eyeboston.com.

Choose Sunglasses Wisely

Wearing sunglasses is a great way to protect your eyes from harmful ultraviolet (UV) rays that can damage them especially during summer months. When purchasing new sunglasses, consider these tips from the the American Academy of Ophthalmology:

- Look for a sticker or tag indicating that the glasses block 100 percent of UV rays.
- Oversized or wraparound-style sunglasses offer even more protection.
- Darker lenses are not any better in blocking more UV rays.
- Polarized lenses reduce glare coming off a reflective surface such as water, but they do not offer additional UV protection.
- Sunglasses don't have to break the bank. Less expensive pairs marked as 100 percent UV-blocking are just as effective as pricier options.

New OCB Locations Open in July

OCB Beverly is moving to its new home at MGH North Shore, located at 104 Endicott St. in Danvers and OCB Wareham Eye Center opens at 12 Rosebrook Place.



OCB North Shore



OCB Wareham Eye Center

WELCOMING NEW PATIENTS
1-800-635-0489 • www.eyeboston.com

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