

## Celebrate Independence Day Safely

All of our eye doctors at Ophthalmic Consultants of Boston wish you a safe and happy summer and want to again remind you to protect your eyes and those of your children from injuries related to fireworks. Every summer, we see the serious damage that fireworks cause to one's eyes and we have witnessed first hand that you don't have to be the one handling them to be hurt. A 2014 Consumer Product Safety Commission report found that half the 10,500 people injured by fireworks were bystanders.

*When viewing fireworks this summer, please take the following safety measures:*

- Attend a professional public fireworks show rather than purchasing fireworks for personal use.
- Respect safety barriers at fireworks shows and view fireworks from at least 500 feet away.
- Do not touch unexploded fireworks; instead, immediately contact local fire or police departments to address these possible threats.
- Never let children or teenagers play with fireworks of any type, even sparklers.
- Wear protective eyewear that meets the parameters set by the American National Standards Institute.



### *What to do for a fireworks eye injury*

- Seek medical attention immediately.
- Do not apply pressure or remove any objects that are stuck in the eye.
- Do not rub or rinse your eyes.
- Do not apply ointments or take any blood-thinning pain medications such as aspirin or ibuprofen.

Source: American Academy of Ophthalmology



*The Center for Eye Research and Education is a non-profit foundation led by OCB ophthalmologists that supports projects throughout the world aimed at preserving vision for those in need. To donate, go to: [cere-foundation.org](http://cere-foundation.org)*



# From Cataract Surgeon to Cataract Patient

Ophthalmologists Charles T. Post, Jr. MD (retired) and Stephen H. Rostler MD have both performed cataract surgery for 40 years, and witnessed first hand the improvement in vision that their patients experienced after removal of their cataracts. Here these two ophthalmologists share their experiences as cataract surgery patients.

## **Charles Post, Jr. MD**

Dr. Post knew it was time to have cataract surgery when he had difficulty seeing his golf ball in the distance, and saw blinding glare driving at night. “Time after time my patients told me that they had no idea how bad their vision had been before cataract surgery, so I was looking forward to it,” says Dr. Post, whose surgery was performed by Cataract Specialist Daniel O’Connor, MD at the OCB’s Plymouth Laser & Surgical Center.

“I could have gone anywhere in the world but I chose to come to OCB and I went in with a feeling of confidence knowing that I was with a group who are world leaders in their specialties,” says Dr. Post.

As a patient, Dr. Post says he experienced the same anxiety every patient feels anticipating eye surgery, yet his surgery and recovery could not have been more pleasant with a better outcome.

“By the next morning, I could see perfectly, just as well as I could see when I was 50 years old,” says Dr. Post, who is 73. “My vision was in tip top shape and it has remained that way ever since. I see colors, the faces of my friends and my golf ball.”

You may have heard that a cataract needs to be “ripe” before having cataract surgery. Dr. Post says that with today’s technology, the time to act is when a cataract interferes with your daily activities or ability to remain safe and independent, because vision is so important to quality of life.



*Daniel O’Connor, MD, and his patient, retired Ophthalmologist Charles Post, MD.*

## **Stephen Rostler, MD**

Dr. Rostler, who practices in OCB’s Framingham location, knew it was time to consider cataract surgery when he had difficulty reading signs and recognizing faces when light was coming from behind. He was also experiencing double vision, seeing two moons in the sky when he covered one eye.

He said nerves were not a problem before having surgery because he talked to so many patients post-operatively and saw the great results they had. It was smooth sailing the day of surgery with cataract specialist Tom Hsu, MD and his team at OCB’s Boston Eye Surgery & Laser Center in Waltham.

Dr. Rostler says he noticed the difference in vision right away, and that the improvement in vision he’s experienced had led him to become more proactive in recommending the procedure to his patients.

“I’ve always encouraged my patients with cataracts to wait until it was necessary to have surgery, but I have totally changed my opinion because I see the difference it makes in one’s vitality. The change in vision you experience just makes life better and fuller,” he says.

“On my way home from my cataract surgery I remember commenting to my wife how white the snow was,” he says. “When cataracts develop, your color perception changes, and white appears more like an eggshell. For me, life has definitely become more colorful.”



*Ophthalmologists Stephen Rostler, MD (left), and Tom Hsu, MD. Dr. Hsu performed Dr Rostler’s surgery.*

*Cataract surgery is performed as an outpatient procedure at one of OCB’s conveniently located surgery centers in Boston, Plymouth, Sandwich and Waltham, where our highly experienced, reassuring team has a singular focus, caring for your eyes. Your eye’s cloudy natural lens is removed and replaced with a clear Intraocular lens (IOL) that has a lens power designed to meet your visual goals.*



OCB Ophthalmologists **David Reed, MD** and **Daniel O'Connor, MD** join Lisa Azizian and Rob Hakala of WATD for the South Shore Tours at the historic Adam's Center in Kingston, MA to discuss cataract and diabetic eye disorders.

OCB Ophthalmologists **Bradford Shingleton, MD** and **Michael Morley, MD MHCM**, discussed cataract surgery and answered caller questions on WBZ radio with host Dan Rea. Rea has frequently talked on the radio about the life changing improvement in vision he experienced after undergoing cataract surgery at OCB's Boston Eye Surgery and Laser Center, under the care of Dr. Shingleton and his team.



OCB is pleased to announce that Ophthalmologist **Anthony Joseph, MD**, a vitreoretinal specialist, has joined our team of physicians. Dr. Joseph completed his fellowship training in vitreoretinal surgery at the New England Eye Center at Tufts Medical Center and Ophthalmic Consultants of Boston. Dr. Joseph will be practicing at our Cambridge, Boston and North Shore locations. Please read Dr. Joseph's complete bio at [www.eyeboston.com](http://www.eyeboston.com).

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