

Dry Eye Relief From New Therapies

As the heat gets turned up this time of year, your dry eye symptoms may be at their worst. Thankfully, new therapies are improving dry eye for patients who struggle with its debilitating symptoms.

In July, the Food and Drug Administration approved Xiidra (lifitegrast) eye drops, making it the second approved prescription medication for the treatment of dry eye. Both Xiidra and Restasis (cyclosporine) control inflammation within the tear film and the eye surface, a common and addressable component of dry eye.

“The approval of Xiidra is exciting because it reflects that there is significant focus in research and energy being placed on dry eye,” says OCB Dry Eye Specialist Jason Rothman, MD. “When Restasis became available, it changed the way we thought about dry eye. Up until that point, we addressed the volume of tears, but now it is better understood that inflammation is an important part of dry eye.”

Another new therapy that is performed in the ophthalmologist’s office, called Lipiflow, targets the health of the oil-producing meibomian glands. During the procedure, the Lipiflow device delivers warm pulsations to the eyelids, opening up the oil glands and helping them to secrete oils normally.

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OCB Dry Eye Specialist Jason Rothman, MD



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: cere-foundation.org



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Additional therapies targeting inflammation are expected to become available in the near future, Dr. Rothman says.

Other causes of dry eye include hormonal changes, such as those associated with menopause, autoimmune disorders, the use of certain common medications and long-term contact lens wear.

There are many treatments available for dry eye. Your OCB eye doctor will recommend the best therapy for your individual dry eye needs.



What You Can Do At Home

There are a multitude of artificial tear drops sold over the counter that lubricate the eyes and help maintain moisture. If you find you have to use artificial drops more than four times a day, it is recommended that you use drops that are preservative free.

Other measures to manage your dry eye include applying warm compresses to your eyes two times a day; using a cold-mist humidifier and taking a supplement containing omega-3 fatty acids. If over the counter measures are not helping, schedule an appointment for an evaluation today.

SYMPTOMS CHECK BOX

“My eyes would feel so heavy all of the time like they wanted to close. I would have to remind myself that I’m actually not tired. I often felt as though I had sandpaper in my eyes. Spending time on the computer or TV only made it worse,” 38-year-old patient Lisa says of her symptoms before she sought treatment at OCB.

Other symptoms of dry eye can include:

- Stinging
- Scratchiness
- Excessive tearing

If you’re consistently experience any of the symptoms above, you may have dry eye syndrome.

Helpful tips to properly apply your glaucoma drops.

If you're like many people with glaucoma, applying eye drops properly can at times be a challenge. Here are a few tips to help troubleshoot some of the most common difficulties people have:



- ❑ **Wash your hands** before uncapping your drops.
- ❑ **Create a “pocket.”** While looking into a mirror, use your index finger to gently pull down your lower lid and create a pocket.
- ❑ **Tilt the bottle toward the pocket.** Once you have your pocket ready, tilt the bottle and let one drop fall into the lower lid pocket. A common concern is running out of medication too soon because too much may have come out when squeezing the bottle. You don't have to squeeze the bottle because bottles are designed to let the drop fall with gravity.
- ❑ **Gently close your eye.** Keep your eye closed for a full two minutes and avoid blinking. During this time, you could press your index finger near the inside corner of your eye to close off its tear drainage system. This will help ensure that the drop penetrates your eyeball rather than drains into your nose. You can use a clean tissue to wipe away any excess drops.
- ❑ **Time between drops.** If you are taking more than one type of eye drop, be sure to wait a few minutes between each type. This will prevent the second eye drop from washing away the first eye drop.
- ❑ **Order of multiple types of drops.** Patients often ask about the order in which multiple types of eye drops should be placed. If you have more than one eye drop, the order does not matter. However, some medications are better taken in the morning and others are better in the evening. Use as directed by your ophthalmologist.

When in doubt, show your OCB eye doctor your technique. He or she can provide valuable feedback.

Vision loss due to glaucoma can go unnoticed because it initially affects your peripheral vision. Vision loss from glaucoma cannot be reversed, and that is why it is so important to use your drops as prescribed and see your eye doctor regularly. It is important to understand that even though you don't see or feel an immediate benefit from your glaucoma eye drops on a day to day basis, using them faithfully is actively preventing loss of sight.

Photo source: Eyesmart, The American Academy of Ophthalmology.



OCB Transitions to Epic

OCB is pleased to announce that we will begin using a new Electronic Health Record (EHR), called Epic, beginning January 28. We appreciate your patience as we transition to this new system.

Epic fully integrates a patient's clinical information, such as hospital and physician visits, test results, medications and allergies into one EHR. The new EHR also includes such information as registration, scheduling and billing.

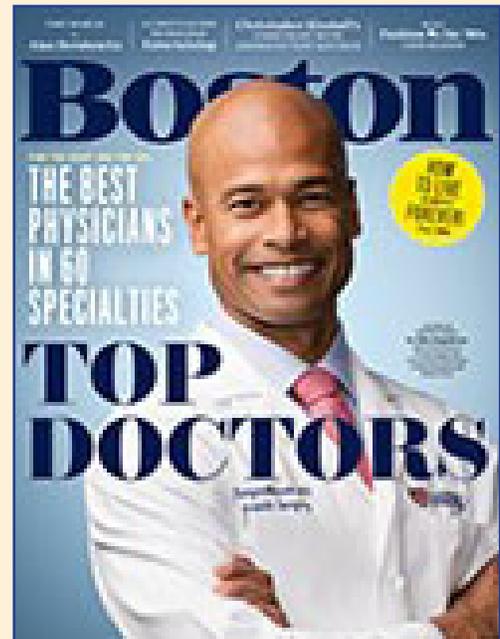
While our staff has undergone rigorous training with Epic, it is brand new to us and we apologize in advance for any extra time needed to serve you during our implementation phase. During this time, we are taking various steps, such as increasing our support staff, to help avoid long wait times.

Thank you for your patience during our transition. We look forward to providing you with the highest quality, integrated and safe eye care.

OCB Ophthalmologists named Top Doctors 2016 in Boston Magazine



Congratulations to
Husam Ansari, MD;
Jeffrey Heier, MD;
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Michael Morley, MD, MHCM;
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