

OCB VISIONS

WINTER
2020

Welcome 2020: The Year of the Eye

The New Year is a great time to begin or renew a commitment to a healthy lifestyle. This includes protecting your eye health. The American Academy of Ophthalmology has deemed 2020 as the “year of the eye.” With that in mind, OCB eye doctors encourage you to make protecting your eye health part of your resolutions this year.

The first step in keeping your eyes healthy is to schedule an eye exam. The AAO recommends that adults who have not had problems with their eyes, or who are not at risk for eye disease, have a baseline eye screening at age 40. This is the age when early signs of eye diseases that become more common as we get older may be detected. Once you have your baseline exam, your eye doctor will let you know how often you should have an eye exam. If you have diabetes, high blood pressure or a family history of eye disease, you should schedule an eye exam and not wait until the age of 40. A baseline dilated eye exam may detect early signs of eye diseases as well as other health concerns, which provides greater opportunity for early treatment and preservation of vision.

(continued)



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

**Inside this issue:
Stay ahead of dry eye
this winter.**



The following are common eye diseases that impact individuals 40 and older without them knowing there is any problem with their eyes. Without treatment, these conditions have the potential to impair vision.

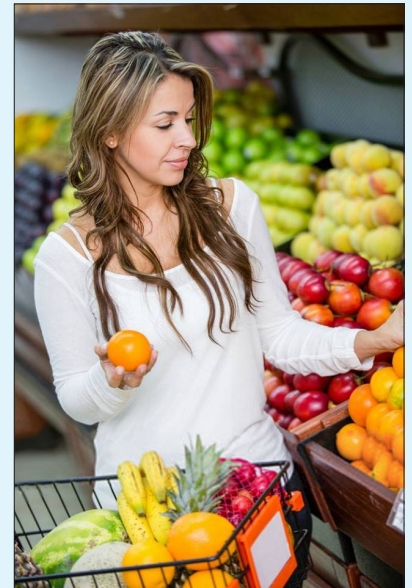
Glaucoma	Diabetic retinopathy
<p>It is estimated that 2.7 million people in the United States had primary open-angle glaucoma (POAG) caused by elevated eye pressure. The National Eye Institute expects that number to increase to 4.3 million in 2030 and 6.3 million in 2050. Unless they have an eye exam that would detect glaucoma early, many people have no idea that they have glaucoma until they have significant, irreversible vision loss. Glaucoma impacts your peripheral vision very subtly, it can go unnoticed until vision loss is extensive. Early detection and treatment of primary open-angle glaucoma may prevent or delay loss of vision.</p>	<p>Individuals with diabetes are at increased risk of developing diabetic retinopathy, which is a leading cause of blindness, affecting about 7.7 million U.S. adults 40 years or older. Effective treatments are available for reducing the risk of blindness from diabetic retinopathy, but most people with diabetes do not have annual eye exams. Researchers at Wills Eye Hospital in Philadelphia conducted a study that found that more than half of patients with diabetes skip their annual eye exams. Skipping the annual exam is the reason many diabetics do not receive treatment in time to reduce vision loss caused by diabetic retinopathy.</p>
Age related macular degeneration (AMD)	Cataracts
<p>AMD is more common in individuals who are over 50 years old, affecting about 2.1 million people nationwide. It is more likely to occur in those with a family history of AMD, and in those who are overweight, smoke cigarettes and eat a diet high in saturated fats.</p>	<p>Cataracts are very common. We often think of cataracts as strictly a problem for senior citizens. However, the risk of developing cataracts starts to increase at about age 40. By starting to follow your eye health at 40, you will know early on if you are beginning to develop cataracts.</p>

Eating well and exercise

Many people commit to weight loss goals this time of year. Well it turns out, a healthy weight supports good eye health. Eye doctors also recommend controlling your blood pressure and blood sugar, being physically active and avoiding smoking. Smoking substantially increases your risk for cataracts and macular degeneration and is known to generally be harmful to the eyes.

Take the first step toward improving your diet by following the healthy eating plate created by nutrition experts at the Harvard School of Public Health. Visit:

<https://www.health.harvard.edu/staying-healthy/healthy-eating-plate>



Soothing dry eyes

With winter upon us, your dry eye symptoms may be at their worst. Winter dryness tends to speed up the evaporation of tears that keep our eyes lubricated. Common symptoms of dry eye can include a stinging feeling in your eyes, scratchiness and/or excessive tearing. OCB eye doctors recommend the following tips to ease your dry eye symptoms:

- Apply a warm compress to your eyes two times a day. This will allow the oils in your eyelids to flow better.
- Use a preservative free artificial tear drop to help lubricate the eyes.
- Use a cold-mist humidifier daily at home and at your workplace to keep the air moist.
- Avoid sleeping with the ceiling fan on as these fans blow hot dry air down toward your eyes.
- Take breaks from staring at screens such as TVs, phone and computer screens. These activities diminish blinking and blinking spreads tears evenly over the surface of your eyes.
- Studies show that foods rich in omega-3 fats, found in fatty fish such as salmon, walnuts and flax seeds, help improve dry eye. Increasing your intake of these foods or taking omega-3 supplements may help.
- There are many treatments available for dry eye. If over the counter measures are not helping, schedule an appointment for an evaluation today.



Boston Magazine and Castle Connolly Top Doctors 2020

OCB congratulates our ophthalmologists who are listed as 2020 top doctors in Boston Magazine and Castle Connolly Ltd. They include:

Husam Ansari, MD, PhD	Michael Morley, MD, MHCM
Ann Bajart, MD	Joshua Ney, MD
Audrey Chan, MD	Michael Raizman, MD
Nicoletta Fynn-Thompson, MD	Peter Rapoza, MD
Jeffrey Heier, MD	Claudia Richter, MD
Bonnie An Henderson, MD	Jason Rothman, MD
James Hung, MD	Bradford Shingleton, MD
Jody Judge, MD	Torsten Wiegand, MD, PhD



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Patient Gateway is a free online tool that is available to all OCB patients. It allows you to safely and securely view your test results, manage appointments and message your care team directly—all in one convenient location. It is even accessible on your smartphone via mobile app. Visit PatientGateway.com to enroll today!

**Patient Gateway is not intended for emergency situations.*

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