

OCB VISIONS

SUMMER
2020

Welcome Back!

OCB doctors and staff want to reassure you that we have taken numerous steps to ensure your comfort and safety during your next visit. We have implemented strict safety protocols in our clinics and surgery centers. We recognize that some of these measures may pose an inconvenience to you or to your families, and we appreciate your cooperation and patience. Please understand that your safety remains our utmost priority as we strive to provide you with outstanding eye care.

For details on our safety protocols please visit www.eyeboston.com and click on [Patient Safety As We Reopen](#).



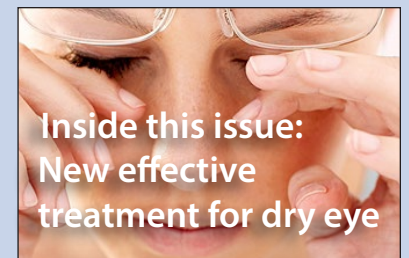
As we welcome you back, we promise to remain steadfast in our measures to protect you, your families, our staff, and our communities!

"I was met at my car to explain the procedure and was kept safe. It was very well done. The professional manner that the (clinical staff member) had as well as her friendly manner made her exceptional."

-Jane D.

"The Covid-19 protection was well organized. I appreciated that my temperature was taken."

-Roberta M.



Inside this issue:
New effective
treatment for dry eye

New effective treatment option for dry eye

A new treatment for dry eye has become available this summer at OCB. Intense Pulsed Light (IPL) therapy, which has traditionally been used by dermatologists to treat rosacea, acne and sun damage, has proven to be effective for those with more severe cases of dry eye, who have had little success with other measures, such as artificial tears and prescription drops.



“Whenever we have a new treatment that works well and makes a real difference, it is very exciting,” said Cornea Specialist Laura A. Voicu, MD. “With IPL, there is a high percentage of patients who have experienced a really noticeable improvement.”

Dry eye occurs when your eyes produce poor quality tears or do not produce enough tears, both of which can lead to symptoms of burning, grittiness and blurry vision that can be debilitating. The cause of dry eye in many cases is inflammation of the eye’s oil producing glands, called the meibomian glands. Oils produced by meibomian glands prevent evaporation of your tear film. But for many patients with dry eye, these oils become clogged and hardened within the glands. IPL delivers powerful bursts of light and heat to the glands, liquefying the oils. The oils are then extracted through a procedure called Meibomian Gland Expression (MGX). Additionally, IPL treats the underlying cause of inflammation by reducing the flow of

inflammatory materials to the meibomian glands, for long-lasting relief.

During the procedure, the patient sits comfortably with eyes closed. Eye shields are placed over the eyes. The hand piece delivering the pulses of light is passed over multiple locations along the lower lid and cheeks. The patient experiences a slight feeling of warmth and brightness, but the procedure is not painful. Most patients undergo four treatments 2 to 3 weeks apart, said Dr. Voicu.

“This is the most powerful treatment for dry eye that we have available and the patients are experiencing great results. Some patients have been able to stop their dry eye medications,” she said.

Dr. Voicu emphasized that most patients who are offered this therapy have tried many of the other dry eye treatments with limited success. The IPL treatment of the underlying cause of inflammation has shown early on positive results. Unfortunately, the IPL treatment is new and not yet covered by insurance.

The treatment has very few contraindications and can be even more effective when combined with two other therapies offered at OCB, Lipiflow, a procedure that assists doctors with opening up the Meibomian glands and Blephex, which is used to cleanse and remove bacteria from the eyelids. Dr. Voicu and other OCB cornea specialists have expertise in determining which treatment or combination of treatments is best suited to each patient, and tailoring a plan based on the patient’s needs, eye exam, and treatment goals.

“We typically use a multi-faceted approach to treat dry eye and IPL therapy is great new tool in the OCB toolbox, with very high success rates,” she said.

Physician Update



Dr. Rothman on the move

OCB cornea specialist Jason S. Rothman, MD has made the difficult decision of planning

his relocation to Florida with his family, and will pursue other opportunities once his family is settled into their new home. Dr. Rothman joined OCB in 1997. Over the years, Dr. Rothman has treated many patients with complex dry eye disease, allergic eye disease, and contact lens-induced eye problems. In 2007 he started a dedicated dry eye clinic at OCB that has drawn national attention and OCB's dry eye program will remain intact beyond Dr. Rothman's departure. Dr. Rothman's timing was thoughtfully planned with the arrivals of Drs. Laura Voicu and Mina Farahani who are both skilled at treating patients with dry eye. We all wish Dr. Rothman the very best on his move to Florida!

Dr. Stampfer retires

The following is Dr. Stampfer's note to the entire OCB community:

Many of you know by now that my affiliation with OCB has come to an end. I look back with great satisfaction at what proved to be the best years of my five decades in ophthalmology, from residency to retirement. It was an honor and a privilege in 2009 to be welcomed into a practice so totally committed to providing the best possible care for patients. Working beside my skilled and dedicated colleagues inspired me and enabled me to provide my patients with a quality of care far higher than I could have offered by myself. I am indebted also to the superb teams of technicians, administrative staff, managers and executives who work together to maintain OCB's tradition of excellence in eye care. Our responses to the challenges of these past few months have demonstrated your commitment and resilience and will always remind me how fortunate I am to have been a part of this practice. I will be forever grateful for this experience and for the enduring friendships I have formed here. Thank you all. With my most sincere wishes for your good health and success in the future.



Fireworks Safety Reminder

OCB eye doctors, along with the American Academy of Ophthalmology, want to remind you to avoid handling fireworks and take precautions while viewing fireworks this summer. The most recent Consumer Product Safety Commission report found that 19% of fireworks injuries were eye injuries. In the most severe cases, fireworks can rupture the globe of the eye, cause chemical and thermal burns, corneal abrasions and retinal detachment — all of which can cause permanent eye damage and vision loss.

Even sparklers can be dangerous, as they burn at more than 2,000 degrees Fahrenheit. Sparklers were responsible for 1,200 of the injuries in the latest report.

Children and people not handling fireworks themselves are in as much danger as the people actually lighting fireworks. The AAO recommends that bystanders wear eye protection that meets criteria set by the American National Standards Institute (ANSI).

Dr. Raizman named Top Ophthalmologist 2020 by NKCF



OCB congratulates Michael B. Raizman, MD who was named Top Ophthalmologist 2020 by the National Keratoconus Foundation. He was selected from 72 ophthalmologists who

were nominated by patients.

"Dr. Michael Raizman, MD is truly Best of the Best. He has been nominated as an NKCF Top Doc in previous years and this year his nomination came from his patient, CF, of Westborough, MA. She wrote, 'Dr. Raizman not only gave me back my life, as other doctors may have done, he also stayed by my side and comforted me through it all.'"

-National Keratoconus Foundation.

Dr. Raizman is a leading authority on a corneal crosslinking, a breakthrough sight-saving treatment for keratoconus. He led clinical trials at OCB advancing the procedure, which was approved by the FDA in 2016, and he has successfully treated numerous patients with this condition.

<https://www.nkcf.org/best-of-the-best-our-top-docs-of-2020>

Introducing OCB Eye to Eye: Facebook Live Webinar Series



OCB ophthalmologists are pleased to introduce a series of live interactive patient education webinars designed to provide patients

with important information on timely eye health topics, including the latest advances in treatment. You can view them live and ask questions of the presenting doctor or view the replay after the live presentation at your convenience. You do not need to have a Facebook account to watch the webinars. To view what topic(s) are coming up or to catch the replays, visit the following link: www.facebook.com/eyeboston/live



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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