

# OCB VISIONS



**September 2020**

## **Protect Your Vision Now**

### ***September is #HealthyAgingAwareness Month***

Keeping up with your health care is an important part of healthy aging. If you have delayed your doctor visits and/or screenings, please be aware that if you have an eye condition such as glaucoma, macular degeneration or diabetic retinopathy that requires ongoing medical treatment, regular visits to your eye doctor are extremely important to maintaining your vision.

Your annual eye exam allows for early detection of these and other sight threatening conditions and is the best preventative measure you can take to protect your eye health over the years.

If you are concerned or feel worried about coming in for your visit, we want you to know that we remain steadfast in our commitment to keeping you safe and comfortable! In certain cases, telemedicine options are available. Please review our **safety policies and procedures** that are keeping our patients, staff and communities safe!

Learn about **Glaucoma Care** at OCB  
Learn about care for **Macular Degeneration** at OCB  
Learn about care for **Diabetic Retinopathy** at OCB

*From our recent reviews:*

*My March appointment was canceled due to COVID, but when I finally went back, I found that they are doing an excellent job of ensuring that the office and procedures are as safe as possible.  
-Lois P.*

*Dr. Cruz was very informative as it was my first visit in about 5 years. She made sure to wipe down all surfaces in between patients and during the visit...Staff was friendly when I initially came in as well as when I left. Very pleased with my visit!  
-Marni M.*

*Couldn't have a better experience here. Every*

**BOOK YOUR APPOINTMENT**

single person there was so kind and helpful.  
-Lea U.

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## FAQ of the month

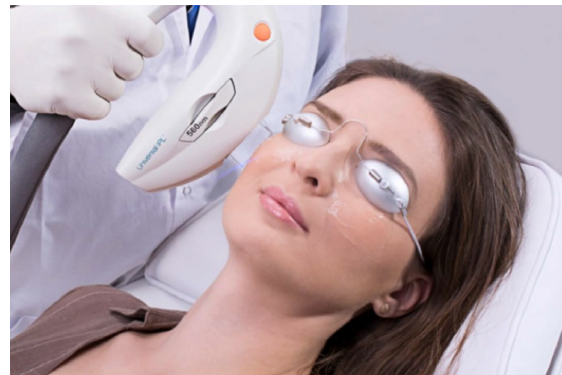
**Q:** May I bring a companion with me to my eye appointment?

**A:** To allow for physical distancing and increased safety for everyone, we cannot allow visitors in our clinic at this time. Essential caregivers are the only exception. They will be screened for symptoms, and must wear a mask at all times, and must stay with you for the entire visit. When you need a family member or friend to hear the discussion with your doctor, this can be achieved with a cell phone connection to allow the family member or friend to listen in on the discussion.

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## New effective treatment for dry eye

Are your fall allergies triggering symptoms of dry eye? A new treatment has become available at OCB that may help. 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.



**Read more of this article from our summer newsletter.** on page 2.

**Learn more about dry eye services**

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## **In a world gone virtual, protect yourself from digital eye strain**

Too much screen time for kids has always been a concern. Now, with "back to school" being an online experience for many and working from home becoming more commonplace, the amount of time you and your families are staring at a computer screen or smart phone has likely reached an all time high. At OCB, we are often asked about digital eye strain. Digital eye strain is not an eye condition, like glaucoma or macular degeneration. Rather it refers to a range of symptoms that people experience, including dry eyes, itchy eyes, blurry vision and headaches, that can result from spending long hours looking at a computer or phone screen. Although these symptoms are no fun, they are temporary and do not lead to permanent damage. Here's what you can do for yourself and your family:

- Follow the 20-20-20 rule: every 20 minutes, look at least 20 feet away for 20 seconds. This lets the eyes relax and reset.
- Set a timer to remind yourself and your child how often to look into the distance.
- Alternate reading an e-book with a real book and encourage kids to look up and out the window every other chapter.
- Avoid using screens outside or in brightly lit areas, where the glare on the screen can create strain and adjust the brightness and contrast of the screen so that it feels comfortable.
- Use good posture when using a screen. Poor posture can contribute to muscle tightness and headaches associated with eye strain.
- Encourage your child to hold digital media farther away: 18 to 24 inches is ideal.
- Remind them to blink when watching a screen.
- Take breaks during the school/work day to move your body and get outside!

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## **OCB Eye to Eye: Facebook Live Webinar Series**

Want to learn more about conditions that are treated at



OCB directly from our world class ophthalmologists? Visit our Facebook live page to view replays of our webinar series. We will let you know when more live webinars are scheduled! You do not need to have a Facebook profile to view the webinars. Just visit the following link: **Webinar Series**

## Sign up for Patient Gateway!

**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.*

**BOOK YOUR APPOINTMENT NOW**

***Ophthalmic Consultants of Boston*** provides specialized clinical and surgical outpatient eye care of the highest quality at a location close to your home.

*Our ophthalmologists and optometrists, along with their highly skilled health care teams, are committed to offering you the finest care in a compassionate and comfortable environment. Schedule an appointment at one of OCB's convenient locations.*

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