

Eye Care Insight

2011-2012



The Eye Care Group
Excellence and Compassion in Eye Care

OUR MEDICAL TEAM

Robert L. Lesser, M.D.
Stanley B. Hersh, M.D.
David E. Silverstone, M.D.
Andrew J. Levada, M.D.
Craig A. Sklar, M.D.
Aron D. Rose, M.D.
Peter J. Branden, M.D.
Stephanie L. Sugin, M.D.
Yanina Kostina-O'Neil, M.D.
Joel A. Geffin, M.D.
Jonathan E. Silbert, M.D.
Cynthia G. Covey, M.D.
Tara H. Cronin, M.D.
Joan Draper, M.D.

OUR LOCATIONS

Waterbury

1201 West Main Street, Suite 100
Waterbury, CT 06708
Phone: 203.597.9100

Southbury

22 Old Waterbury Road, Suite 202
Southbury, CT 06488
Phone: 203.262.1600

New Haven

40 Temple Street, Suite 5-B
New Haven, CT 06510
Phone: 203.789.2020

Branford

6 Business Park Drive, Suite 102
Branford, CT 06405
Phone: 203.488.5411

The Eye Care Group: Reaching Out to the International Community

Patients often comment on the compassionate care they experience at The Eye Care Group. This compassion is not limited to our office doors.

Dr. Aron Rose has been volunteering in the developing world for nearly two decades. As a faculty member of Project Orbis, he lectured and operated in Uzbekistan, demonstrated the first foldable intraocular lens in China, and introduced new anesthesia and cataract techniques in Mongolia and the Himalayan Kingdom of Bhutan. Missions to indigent Caribbean, Ghana, India, and Myanmar (Burma) have followed. In 2008, Dr. Rose received the Volunteer of the Year Award from Unite for Sight, and in 2010 became Co-Director of the non-profit Eye Team Worldwide, which seeks to eradicate preventable blindness in developing countries with the use of telemedicine. "I get back far more than anything I have given," he says, adding, "once you have been exposed to suffering on such a massive scale, the only real question is how one couldn't respond."



Cindy Alborn, photography manager for the Waterbury office, made her third trip to Haiti in February 2011 with the iTeam, a volunteer group that provides eye exams and surgery at the Northwest Haiti Christian Mission. In only 5 days, 850 patients were examined, 155 patients underwent eye surgery, and over 600 pairs of glasses were dispensed. She encountered many patients who had become blind from cataracts, glaucoma, or other eye diseases. "In Haiti, we see many problems that are too late to fix; what a blessing it is to experience a patient, totally blind from cataracts, see our faces when the patch is removed after surgery," she states. "They are genuinely grateful for whatever we can do for them, and I'm grateful for the opportunity to serve these very needy people." The Eye Care Group is proud to have such compassionate staff as part of our team.



Ask us about options for being glasses-free after cataract surgery.

www.TheEyeCareGroup.com

Macular Degeneration in the News

Age-related macular degeneration (ARMD), the leading cause of blindness in people 55 years of age and older, affects more than 1.75 million individuals in the United States. Due to the rapid aging of the U.S. population, this number is expected to increase to almost 3 million by 2020.

There are two basic forms of macular degeneration:

- **Dry ARMD** occurs from the gradual breakdown of cells in the macula, resulting in a gradual blurring of central vision. Over 85% of affected patients have this usually slowly progressive form.
- **Wet (exudative or neovascular) ARMD** results from newly created abnormal blood vessels bleeding under the center of the retina and causing scarring of the macula. In contrast to the dry type, vision loss with distortion may be rapid. Wet macular degeneration affects only about 15% of people who have age-related macular degeneration but accounts for two-thirds of the people who have significant visual loss.

Once ARMD reaches the intermediate or advanced stages, high-dose vitamins (AREDS Study) may slow its progression. In addition, there is evidence that the Omega-3 Fatty Acids may reduce the risk of bleeding. Exudative ARMD can be treated with laser surgery, photodynamic therapy, and intravitreal injections. The recent Comparison of AMD Treatments



Trial (CATT), which randomized over 1200 patients to different protocols of Avastin and Lucentis use, found that both drugs were equally effective in preserving vision after one year. However, there was a small increase in “serious adverse events” with Avastin during the trial. We await the results from the two-year data to determine if the potential risks are truly significant.

Clinical Studies at The Eye Care Group: Get Involved!

Many of our physicians are involved in clinical studies investigating treatment of important eye conditions. **Dr. Lesser and Dr. Kostina-O’Neil** are recruiting male volunteers who have experienced sudden vision loss due to *Nonarteritic Anterior Ischemic Optic Neuropathy* in order to identify any correlation between this condition and medications. Females 18-60 years of age with mild visual loss from *Idiopathic Intracranial Hypertension* may participate in a study to determine if weight-reduction and diet alone effectively treat this condition, or if medication is also needed. **Dr. Sklar and Dr. Sugin** are assessing the safety and efficacy of an immunosuppressant, voclosporin, as *uveitis* therapy. **Dr. Silverstone, Dr. Rose, and Dr. Branden** are recruiting *glaucoma* patients currently using latanoprost (generic Xalatan) to evaluate the safety and efficacy of adding a new medication, AR-12286, as

compared to timolol. **Dr. Levada and Dr. Cronin**, investigators with the NIH-sponsored Pediatric Eye Disease Investigator Group, study treatments for lazy eye. Children with *intermittent exotropia* (outward eye turn) may enroll in a study comparing observation to eye patching. Children requiring surgical intervention may participate in a comparison of two equally adopted surgical approaches. Multiple studies are underway to study treatments for patients who have failed traditional *amblyopia* therapy of patching or atropine eye drops, including an investigation of a promising oral medication, Levodopa. **Dr. Geffin** continues recruiting patients for the *Dry Eye Study*. We invite you to further science and participate in our cutting edge clinical research.

Physician Updates: Professional and Personal News

Dr. Lesser has been selected again as Best Doctor for the Connecticut, the New York metro area as well as nationally. He continues to be actively involved in teaching neuro-ophthalmology at Yale and was fortunate to have people donate funds to Yale for lectures in his honor. His most recently published paper in the *British Journal of Ophthalmology* discussing a benign tumor affecting the optic nerve. He has recently presented in France, Vancouver, New York, and Connecticut. He continues to enjoy his three wonderful grandchildren.

Dr. Hersh is celebrating his 35th year at The Eye Care Group. He is proud to have worked with so many excellent professional colleagues and staff over his many years of practice. He has recently stepped down as Director of the Glaucoma Clinic at the West Haven Veterans Hospital, an integral part of the Yale Department of Ophthalmology Resident Training Program, after serving in the position for thirty-five years. He has been re-elected to Best Doctors in Connecticut and in America. He spends his free time traveling and enjoying his four granddaughters.

Dr. Silverstone continues to play an active role in the Ophthalmology Department at Yale, serving as a Clinical Professor and Assistant Chief. He lectures on glaucoma and cataract surgery at national and regional meetings and is involved in clinical studies for the treatment of glaucoma. He has been very active in the development of medical information technology systems, working with software developers, lecturing, and

participating on national panels. Dr. Silverstone has expanded his study of martial arts to include Brazilian Jiu-Jitsu and continues to struggle with golf. He and his wife enjoy spending time with their children and grandsons.

Dr. Levada, an Associate Clinical Professor at Yale and a *Connecticut Magazine* Top Doctor for 2011, teaches residents from the Yale Department of Ophthalmology as they rotate through his Pediatric Ophthalmology clinic. He is just starting a NIH sponsored trial of the medicine Sinemet to see if it cures lazy eye. His research demonstrated that filters placed on glasses can also treat lazy eye and showed that a certain type of lazy eye occurs 60% of the time in the left eye and only 40% in the right eye. He and his Goldendoodle, Maxwell, have been enjoying hiking Sleeping Giant State Park.

Dr. Sklar, an Associate Clinical Professor at the Yale University School of Medicine, continues to serve as President of both the Yale Alumni in Ophthalmology organization and the Connecticut Retina Association. Selected by his peers as a Best Doctor in America once again for 2011-2012, he was also previously chosen as a Castle Connolly Top Doctor. Active in teaching and research, he recently moderated sessions during the annual Yale Spring Symposium and Connecticut Retina Association meeting. He also presented papers at national retina conferences and has submitted a research paper for publication on the use of Avastin. Dr. Sklar remains a loyal (and long-

suffering) Mets, Jets, and Knicks fan. His home is now less active with his daughter and son away in law school and college, respectively, but he continues to enjoy the time he shares with them, as well as with his wife, Nanci, and maltepoos, Molly.

Dr. Rose specializes in complex cataract surgery. He has published numerous scientific articles in *Techniques in Ophthalmology*, *The Journal of Cataract and Refractive Surgery*, *The American Journal of Ophthalmology*, and *Cataract and Refractive Surgery Today*. He recently published an award-winning photograph in *The Lancet: Highlights of 2010*, taken during a volunteer eye mission in a West African refugee camp. Dr. Rose is excited about his new role as Co-Director for the non-profit Eye Team Worldwide (www.eyeteamworldwide.org), which seeks to eradicate preventable blindness in developing countries using advanced, real-time telemedicine and a prestigious, international volunteer faculty.

Dr. Branden was again awarded recognition as being among the *Best Doctors in America* and *Connecticut Magazine's* Top Doctors. As a glaucoma specialist and an Assistant Clinical Professor of Ophthalmology at Yale, he teaches ophthalmology residents at the West Haven V.A. Glaucoma Clinic. He has served as moderator at the Yale Glaucoma Symposium. Dr. Branden is participating in FDA clinical trials of new medications. He utilizes advanced lens implants in cataract surgery. He and his wife are proud

of their daughter who is in college, their son who just graduated college, and together are adjusting to an empty nest.

Dr. Sugin is very busy both personally and professionally. She continues to participate in clinical research trials involving macular degeneration, has lectured locally and regionally, and is an active member of the Atlantic Coast Retina Club. She will be cited in the new *Retina Atlas* that will be published later this year. When she is not treating diabetic retinopathy, retinal detachment, or macular degeneration, she is busy caring for her husband and two children.

Dr. Kostina continues to be actively involved in teaching at Yale on various neuro-ophthalmology topics for residents. She authored an article on a rare disease, polyarteritis nodosa, which was published in the *Journal of Neuro-Ophthalmology*. Dr. Kostina also serves patients with a variety of general ophthalmology conditions. Dr. Kostina utilizes the most advanced techniques on state-of-the-art equipment to perform cataract surgery for her patients. She is fluent in Russian and has been busy teaching her daughters to speak Russian.

Dr. Geffin, the practice's cornea and refractive surgery specialist, is one of very few doctors in CT implanting kerato-prostheses, artificial plastic corneas, allowing patients who are not candidates for corneal transplants an opportunity to regain their vision. He continues to be interested in dry eye research using the "Mobile Dry Eye lab" to bring promising new therapies to our practice. He also offers patients laser vision correction

using the latest LASIK techniques. Dr. Geffin is an avid cyclist and skier. He enjoys yearly hikes up Mt Washington, this year climbing in February with temperatures of -10 deg and 70MPH winds at the summit.

Dr. Silbert continues to find his practice of Ophthalmic Plastic & Reconstructive surgery challenging, exciting, and very busy in 2011. He recently published two articles on unique lacrimal gland tumors, which had not previously been described. Interest in his use of non-invasive treatments for facial rejuvenation remains high. In addition to traditional Botox to relax wrinkles, Myobloc (botulinum toxin B) and Xeomin (incobotulinum toxin A) are enjoying greater use within his practice as well. When he is not busy at work, Dr. Silbert enjoys reading, photography, and numerous sports activities with his wife and two children.

Dr. Covey has been keeping busy in both her professional and personal life. She continues to enjoy her growing practice in general ophthalmology as well as her surgical interest in the evolving field of cataract extraction and lens implantation surgery. In addition to her professional interests, Dr. Covey is enjoying watching her 3-year-old daughter and her 1-year-old twins grow and learn.

Dr. Cronin is thoroughly enjoying her growing practice in pediatrics and adult strabismus, as well as general ophthalmology. As a clinical instructor at Yale, she is involved with teaching the Yale ophthalmology residents at the Hill Health Center and is an investigator with the Pediatric Eye Disease Investigator Group, which

sponsors NIH-funded studies of common eye conditions in children. She recently published her research on imaging and nystagmus in the *Journal of the American Association for Pediatric Ophthalmology and Strabismus*. Dr. Cronin enjoys running, playing the piano, and spending time with her husband, George.

Dr. Draper has significantly expanded our vision rehabilitation program in Southbury with her expertise in low-vision devices and vision therapy. She enjoys teaching patients to maximize the use of their remaining vision and allow them to resume their work, hobbies, and skills of daily living. Dr. Draper uses her own personal experience with vision loss to help bring renewed hope and independence to those struggling with vision loss at any level. She lives in Brookfield with her husband, Dr. Gary Townsend, and has three daughters, two in college and the youngest beginning high school this year.

Lorri Brown is the practice Chief Administrative Officer and has over 25 years experience in practice management. She enjoys working with the high caliber physicians and staff at The Eye Care Group and is focused on helping the practice convert from paper to electronic medical records. She is a Fellow of the American College of Medical Practice Executives, a distinct honor at the Medical Group Management Association (MGMA). She has also been President of the Ophthalmology Assembly for MGMA. Ms. Brown enjoys golf, skiing, walking, and roller blading. Originally from St. Louis, she is torn between the Cardinals and the Yankees.

The Medical and Cosmetic Uses of BOTOX at The Eye Care Group

How familiar are you with the different medical and cosmetic uses of **BOTOX** at The Eye Care Group? BOTOX contains Botulinum Toxin, which is produced by the bacteria *Clostridium botulinum*. In the 1950s, scientists discovered that Botulinum Toxin could diminish muscle spasms and temporarily relax the muscles. In 1989 the FDA officially approved BOTOX for treatment of crossed eyes or **strabismus**. One of our pediatric ophthalmologists, **Dr. Andrew J. Levada**, was one of the first eye physicians in the country to use BOTOX for treatment of strabismus and muscle spasm around the eyes, known as **blepharospasm**. More research showed that BOTOX could be used to treat other medical conditions, such as extensive sweating or **chronic migraines**.

In 2002, the FDA officially approved BOTOX Cosmetic, which may be injected into the facial muscles to improve the appearance of frown lines between the eyebrows, **wrinkles** around the eyes (called crow's feet), or horizontal lines on the forehead. The results of cosmetic BOTOX typically are seen a few days after the injection and can last up to 4 months. The procedure for cosmetic BOTOX treatment results in a minimal amount of discomfort and takes about 5-10 minutes. At The Eye Care Group we have four experienced eye physicians who offer cosmetic BOTOX treatment: **Dr. Jonathan Silbert, Dr. Aron Rose, Dr. Yanina Kostina-O'Neil, and Dr. Tara Cronin**. BOTOX

is contraindicated for people with allergies to any botulinum toxin products, patients who have myasthenia gravis or amyotrophic lateral sclerosis, or women who are pregnant or breastfeeding. Your doctor will discuss all the possible side effects with you prior to the procedure. Cosmetic BOTOX is not recommended for the treatment of

naso-labial folds, but dermal fillers are considered an excellent choice. Juvederm XC is a gel filler which is used to smooth wrinkles around the nose and mouth. The results are immediate and can last up to 1 year. Please feel free to discuss the medical and cosmetic benefits of BOTOX or Juvederm with your eye physician.



Unretouched photos taken at maximum frown before treatment with BOTOX[®] Cosmetic and taken at maximum frown after treatment with BOTOX[®] Cosmetic at day 7. The photos featured here are of an actual BOTOX[®] Cosmetic patient. Individual results may vary.

In clinical trials at day 7, 74% of patients demonstrated *none* or *mild* glabellar line severity at maximum frown as compared to 6% in placebo; at day 30, 80% of patients demonstrated the same as compared to 3% in placebo.¹

Side effects associated with the injection include localized pain, infection, inflammation, tenderness, swelling, redness, and/or bleeding/bruising.

1. BOTOX[®] Cosmetic Prescribing Information, August 2009.

APCSAL10

The Eye Care Group: Experience the Latest Technology

Recent advances in ocular imaging have revolutionized the field of ophthalmology. The Eye Care Group offers state-of-the-art technologies to provide our physicians with detailed information about the eye's structure. Each office is equipped with an Optical Coherence Tomography (OCT) that provides high-resolution images of the retina, optic nerve, and anterior segment to guide diagnosis and treatment of many common ocular conditions, such as macular degeneration, diabetic retinopathy, glaucoma, and corneal disease. We

recently acquired two Heidelberg Spectralis machines, an instrument that integrates OCT and confocal scanning laser ophthalmoscopy with additional capabilities of eye tracking, multi-modality imaging including fluorescein photography and autofluorescence, and precision within one micron. At The Eye Care Group, we believe that early detection optimizes patient outcomes and we continue to invest in the latest technologies to provide you with the highest quality eye care.

MEET THE EYE CARE GROUP

Experience The Eye Care Group Difference

In continuing practice since March, 1974, **THE EYE CARE GROUP** is the longest-established ophthalmic office in this area. Quality patient care has always been our guiding principle, and it is a commitment every staff member subscribes to and works toward. That many of our patients have been with us since 1974 is a source of pride that gives us a great sense of professional fulfillment.

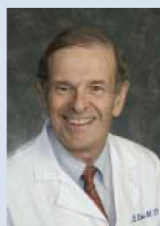
We're particularly proud of our entire staff—receptionists, business office personnel, and our medical professionals—many of whom have been staff members for over 20 years, some for over 30 years.

Few offices have a technical staff as highly trained as ours. Our certified ophthalmic assistants, certified ophthalmic technicians, certified retinal angiographers, certified ophthalmic medical technologists, certified orthoptists, and licensed opticians provide the highest quality of professional services.

We pledge a high level of responsiveness to your needs and welcome your comments and suggestions.

Optical Shop Gift Certificates Available

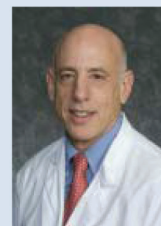
We are pleased to announce that gift certificates are now available for purchase at any of our optical shop locations. These can be acquired in any denomination and redeemed at any of our optical shops. They make the gift of sight easy for that someone special in your life.



Robert L. Lesser
M.D.



Stanley B. Hersh
M.D.



David E. Silverstone
M.D.



Andrew J. Levada
M.D.



Craig A. Sklar
M.D.



Aron D. Rose
M.D.



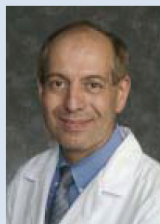
Peter J. Branden
M.D.



Stephanie L. Sugin
M.D.



Yanina Kostina-O'Neil
M.D.



Joel A. Geffin
M.D.



Jonathan E. Silbert
M.D.



Cynthia G. Covey
M.D.



Tara H. Cronin
M.D.



Joan Draper
M.D.



Lorri Brown
FACMPE