



Eye Associates of Boca Raton, P.A.
950 N.W. 13th Street • Boca Raton, Florida 33486

Treatment For Your Eyes, Care For You!
Specialized, comprehensive eye care right here, in Boca Raton.

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Practice Limited to Cataract & Lens Replacement Surgery

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Macular Degeneration & Diabetic Retinopathy

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Glaucoma, Cataract & Laser Surgery

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Comprehensive Eye Exams, Medical & Surgical Triage
& Surgical Co-Management

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Anti-VEGF *New paradigm for treatment of retinal diseases!*

The eye functions like an old film-camera, where a system of lenses focuses the light on the film. In the eye, the series of lenses are the cornea and the crystalline lens. The retina is the "film." In the center of that film is the macula, the area responsible for seeing fine detail and small print. Many diseases can selectively effect the macula or more diffusely the retina. Among the most common diseases are: Age-Related Macular Degeneration (AMD), Retinal Vein Occlusion (RVO) and Diabetic Retinopathy (DR), all can cause leakage of fluid in the macula known as Macular Edema (ME).

AMD is the leading cause of blindness in patients older than 60 and its incidence correlates with increasing age, occurring in nearly half of people over 85. There are two types of AMD, dry and wet. Dry AMD, the most common form is a much slower progressing disease for which there is no known treatment at present. Wet AMD comprises 10-20% of all AMD cases. It accounts for 90% of cases with severe vision loss. In this disease, new blood vessels grow under the macula causing visual distortion. These vessels can eventually leak fluid or blood into the macula causing a sudden and progressive severe loss of vision. The patient first notices a decrease in reading vision and perhaps some distortion of straight lines that can progress to a central blur or blind spot in their vision.

Until the recent introduction of Anti-VEGF therapy, the goal in treatment of wet AMD was to stop the progression of the disease, leaving the patient with whatever loss in vision they experienced prior to treatment. Macugen, approved by the FDA in 2004, was the first new therapy for treatment of wet AMD. For those who responded to this therapy, vision was preserved and further loss avoided.

Avastin, an FDA approved drug for use in treatment of colorectal cancer, inhibited the growth of blood vessels within tumors and was later discovered as an "off-label" drug for use in the eye to inhibit unwanted blood vessel growth beneath the macula that had excellent results. "Off-label" means that it is not FDA approved for use in the eye.

In June of 2006, the FDA approved Lucentis, a similar drug to Avastin, for the use in treatment of wet AMD. For the first time, treatment of wet AMD not only resulted in the preservation of vision, but a significant number of patients showed improvement in their vision and actually regained lost vision. Clinical trials revealed that 80-90% of patients preserved their vision, while 30-40% actually recovered lost vision! A recent study sponsored by the National Eye Institute demonstrated that both Avastin and Lucentis are equally effective in the treatment of wet AMD. Both medications are administered as injections into the eye once a month for up to three months. Following the initial series of treatments, a comprehensive evaluation is performed to determine results and a future treatment plan. Sadly patients with dry AMD or scarring from wet AMD are not candidates for these therapies. Your retinal specialist will explain risks and benefits of all therapy prior to your treatment.

Retinal Vein Occlusion, Branch and Central Vein Occlusions can block blood flow to the retina and macula resulting in a bleed or swelling of the macula. This in turn can result in blurring or distortion of central vision. Recent clinical trials revealed FDA approved Lucentis was affective in treatment of Macular Edema associated with Retinal Vein Occlusion. Ample evidence world-wide suggests that Avastin is also affective.

Along with the new therapies, the future looks even brighter with new drugs under investigation. A priority with the FDA is a new drug called Eylea, also known as VEGF-Trap-Eye in the treatment of wet AMD and RVO. It requires considerably less injections and our hope is to have the drug available to our patients early 2012.

Other good news for patients with Diabetic Macular Edema is the success I have achieved using both Avastin and Lucentis. While this treatment is considered "off-label", we are optimistic the FDA will soon approve these drugs for treating Diabetic Retinopathy.



Ernesto I. Segal, M.D.
Vitreo-Retinal Diseases & Surgery

Our Facilities



Tell a Friend Fridays!

Complimentary cataract and glaucoma screenings are provided every Friday afternoon at Eye Associates of Boca Raton. No appointment necessary. If you or someone you know suspects they may have cataracts or glaucoma, we encourage you to take advantage of this **FREE** offer!

(561) 391-8300 • Toll Free 1-800-842-2447 • www.bocaeyeassociates.com

★ ★ ★ ★ HEARING SERVICES NOW AVAILABLE FROM EYE ASSOCIATES ★ ★ ★ ★

Hurry Up and Wait?

Often times our patients will ask “what is taking so long?” when they come in for a comprehensive eye exam. We want to meet your expectations, but besides not keeping you waiting, that means performing a careful examination to be certain we provide you with the care needed to protect your valuable sight. Your appointed arrival time is only the beginning of a complex process that involves a lot of information gathering, measurements, examination and finally an evaluation followed by a discussion with your doctor.

After your arrival, you will be called by one of our highly skilled and trained technicians. You will probably be seen by two or more technicians to obtain information and measurements your doctor needs to evaluate your visual system. Your vision will be measured with and without glasses at near and far. Most patients undergo a “refraction” which is an assessment of your need for spectacles. Other tests may include how your eyes move, color vision and an “Amsler Grid” which can detect certain kinds of retina problems. The majority of patients will have



dilating drops that allow the doctor to examine the inside of the eye. It can take 20 – 30 minutes for a full dilation and possibly longer if you are using drops for glaucoma. Because your eyes will be dilated for a while, it is suggested that you have someone with you to drive you home.

Your final stop will be in the doctor’s exam room. After reviewing your information the doctor will perform his exam which includes using a microscope called a “slit lamp” and lenses to look inside your eye. Your doctor will summarize the findings for you and explain your treatment plan and any other recommended tests that may be required.

As much as we would like to streamline this process and shorten your visit, it is impossible to do without compromising the health of your eyes. Please plan on spending at least 90 minutes or more with us when you come in for a comprehensive eye examination. And as always we appreciate your patience and value you as our patients.



Dr. Kohl Teams Up with the A.A.O. in Boynton Beach

The American Academy of Ophthalmology (AAO) has begun the initiative to work with state societies in an effort to provide vision screenings to underserved populations. Florida was selected as the first state to begin this much needed service. Dr. Douglas A. Kohl and a team of volunteer technicians from Eye Associates will be participating with the Caridad Center in the initial screening program. The event will be held on Saturday, November 12th, 2011 at the Caridad Center 8645 W. Boynton Beach Blvd., Boynton Beach, beginning at 9:00 am.

Dr. Goldman Swims 6th Consecutive Year

For the sixth consecutive year, Dr. Howard B. Goldman participated in the annual Down East Family YMCA US Masters Echo Lake Swim, located in Mount Desert Island, Maine. This year’s 1.5 mile swim was held on Saturday, August 6th. Dr. Goldman was pleased to compete, finishing second in his age group but hopes to do better next year!

Dr. Goldman Speaks at Case Western Reserve University

Howard B. Goldman, M.D., F.A.C.S. was invited to deliver two presentations at the Case Western Reserve University’s “Comprehensive Ophthalmology” conference May 13, 2011. The lectures were well received and accepted for publication in the Audio-Digest of Ophthalmology in August and October. The titles are “Achieving Better Refractive Outcomes in Cataract Surgery” and the other “A Clinician’s Approach to Advanced Technology Implants.” Dr. Goldman was pleased to be back in his home state of Ohio and honored to be asked to present and have his works published.

Goals of Cataract Surgery

Howard B. Goldman, M.D.

Cataract & Lens Replacement Surgery

A common question I am frequently asked is “how do I know when it is time to have cataract surgery?” The time to have surgery is when your vision interferes with your ability to do the things that you enjoy, such as golf, reading, and other daily activities. That is when you should consult with your eye care specialist and discuss the goal of cataract surgery and your expected outcome.

A cataract is a clouding of the lens of the eye. The purpose of surgery is to cure the cataract by removing it and replacing it with a new artificial lens. While the results of cataract surgery have certainly improved with today’s technology, we need to remain realistic about the expected outcomes.

Though we try to reduce the dependency for glasses, eliminating them is not the primary goal, curing the disease is! In spite of what you may have heard, no cataract surgeon can promise to eliminate the need for glasses even with the wonderful recent progress in advanced technology intraocular lens implants discussed in previous issues of Eye Lights. Educating our patients on the goals of cataract surgery is a large part of their surgical experience; still, you would

be surprised how many question the need for any glasses after cataract surgery.

There are many explanations for this result. First, all instrumentation and lens calculating formulas available are not perfect. They have a minor degree of error factor that is out of the surgeon’s control. Another contributing factor is, even though we accurately measure the parameters of the eye that determine what power implant we use, we have no way of knowing exactly how a person will heal and where the implant will settle in the eye. Where the implant settles can impact what the eyeglass needs might be.

Remember that the success of cataract surgery is a result of realistic expectations. Communication between the surgeon and patient is paramount in determining their visual needs and whether or not surgery will restore those needs with or without eyeglasses. If you are considering cataract surgery think carefully about how you use your vision and be sure to discuss your expectations thoroughly.

On a final, happy note, many of our patients are enjoying life with little or no dependency on eyeglasses following cataract surgery.



4th Annual Gift of Sight - Spirit of Thanksgiving

Eye Associates of Boca Raton will host the 4th annual Gift of Sight program on Tuesday, November 22, 2011. Dr. Howard Goldman along with his team of surgeons will perform free eye surgery for needy recipients. The Caridad Clinic in Boynton Beach as well as area optometrists refer those patients who may otherwise not be able to afford eye surgery. This year the staff of Eye Associates will also participate in this event by serving the patients and their families a traditional Thanksgiving lunch, complete with all the trimmings.

Dr. Goldman, Dr. Perlman & Dr. Weiner - Voted Top Docs



Howard B. Goldman, M.D., F.A.C.S., Jeffrey M. Perlman, M.D., F.A.C.S. and Mark H. Weiner, M.D., were voted as three of America’s Top Ophthalmologists by Castle Connolly, a research firm that specializes in providing consumers with information on the nation’s best doctors and hospitals. The selection process for Top Docs begins with peer recognition. They are asked to identify who they believe are highly skilled, exceptional doctors. Dr. Goldman, Dr. Perlman and Dr. Weiner are very proud to have once again been recognized this year as three of America’s Top Docs.