



**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.

**HOWARD B. GOLDMAN, M.D., F.A.C.S.**  
Practice Limited to Cataract & Lens Replacement Surgery

**JEFFREY M. PERLMAN, M.D., F.A.C.S.**  
Pediatric & Neuro-Ophthalmology, Cataract & Laser Surgery

**MARK H. WEINER, M.D.**  
Ophthalmic Plastic Surgery & General Ophthalmology

**ERNESTO I. SEGAL, M.D.**  
Vitreous-Retinal Diseases & Surgery  
Macular Degeneration & Diabetic Retinopathy

**DOUGLAS A. KOHL, M.D.**  
Glaucoma, Cataract & Laser Surgery

**THOMAS W. HEGLAND, O.D.**  
Comprehensive Eye Exams, Medical & Surgical Triage  
& Surgical Co-Management

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PAID  
PERMIT 2438  
MIAMI, FL

**EYE LIGHTS**  
Eye Associates of Boca Raton, P.A.  
Surgical & Medical Eye Care

WINTER 2013 EDITION [WWW.BOCAEYEASSOCIATES.COM](http://WWW.BOCAEYEASSOCIATES.COM)

## At Face Value



The price of youth and beauty in America is on the rise and mature adults, male and female are looking for the procedure or product that will help turn back the clock. In 2009 the number of people 65 years or older that underwent cosmetic surgery equaled 676,930 and in 2010 that number increased to 684,768. The most commonly performed procedures included facelifts, eyelid surgery and liposuction.

In 2011 Americans spent a whopping \$10 billion dollars on cosmetic surgery. Additionally \$8 billion is spent annually on cosmetic products.

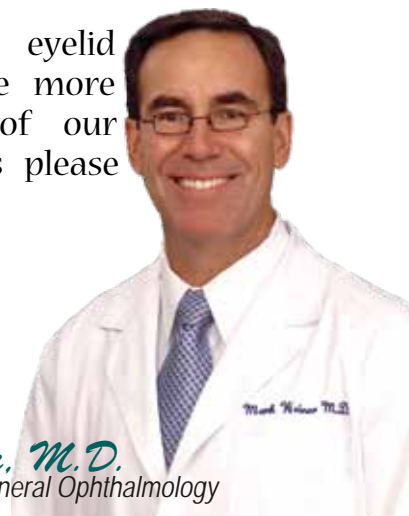
Imagine achieving a more youthful look and improving your vision at the same time. Dr. Mark Weiner, performs a safe and effective procedure called blepharoplasty that not only eliminates "droopy eyelids" but can in many cases improve your peripheral vision as well. In many cases of droopy lids, Medicare and most insurance will pay for the procedure. Removal of this excess skin not only makes you a safer driver but can help to reduce the risk of falling. Eyelid surgery is performed in our state-of-the-art outpatient surgery center. Recovery and returning to

activities is fast with little to no "down time" at all. Simply applying ice packs as directed will help to reduce swelling and redness after surgery and since the incision is made in the crease of the eyelid, scarring is

not an issue.

In addition to eyelid surgery, Dr. Weiner also performs Botox injections and Juvederm to reduce the fine lines and wrinkles that appear with age. For those wishing for longer fuller eyelashes, Dr. Weiner offers Latisse® Solution a topical formula applied to the lash line. Latisse® Solution does require a prescription from your eye doctor and is FDA approved.

For a complementary eyelid screening or to receive more information on any of our procedures or products please call our office.



*Eye Associates of Boca Raton offers complimentary Hearing Evaluations and Vision Screenings as a part of their community service. Call (561) 391-8300 for details!*

### Tell a Friend Fridays!

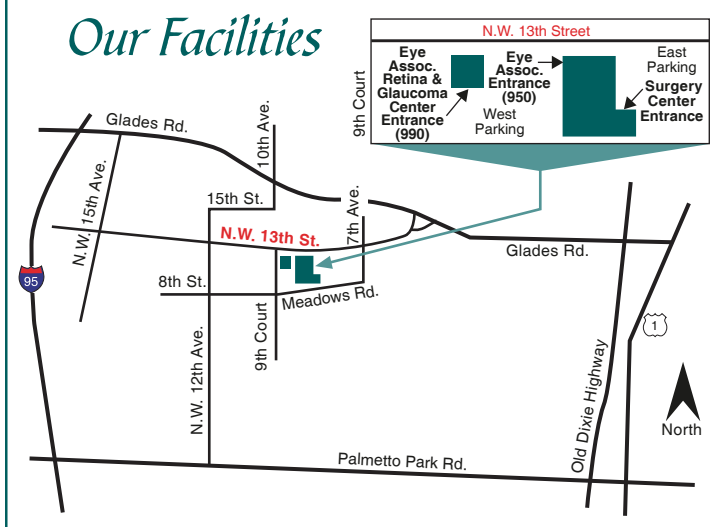
Complimentary cataract and glaucoma screenings are provided every Friday afternoon at Eye Associates of Boca Raton.

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!**

### Our Facilities



(561) 391-8300 • Toll Free 1-800-842-2447 • [www.bocaeyeassociates.com](http://www.bocaeyeassociates.com)



FACIAL COSMETICS • LATISSE • JUVEDERM • BOTOX





## Hip Fractures and Cataracts

Howard B. Goldman, M.D., F.A.C.S.

Cataract & Lens Replacement Surgery

So what do hip fractures have to do with cataracts? A lot, according to a peer-reviewed article published in the August issue of the Journal of the American Medical Association. In a study that reviewed a 5% random sample of the over 1 million Medicare beneficiaries diagnosed with cataracts, those who had cataract surgery as opposed to those who waited longer than 6 months to undergo the surgery had a significantly reduced risk of sustaining a hip fracture.

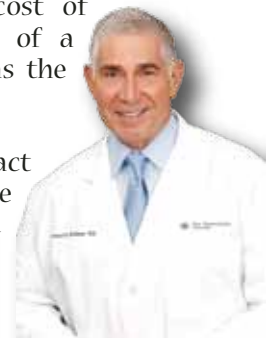
Why is this important? Let's start with economics: Fall-related fractures accounted for \$60 billion in medical expenses in 2000. That's ignoring the pain, suffering and death associated with these injuries. Visual impairment is known to be associated with these injuries. Vision is important in postural balance and stability. If you can't see that tree root in the path in front of you, you're going to trip over it.

Until this study, no one had evaluated such a large sample of people diagnosed with cataracts comparing their risk of sustaining a hip fracture with and without cataract surgery. The article demonstrates a clear relationship between hip fractures and not undergoing cataract surgery and the relationship gets stronger the older someone is and the denser the cataract is. Two smaller studies done in England comparing the rate of fractures in patients undergoing "expedited" cataract surgery as opposed to those waiting the "normal" time for the National Health Services showed a significant

reduction in the number of fractures among those who had earlier cataract surgery.

These days we all have to be concerned with the cost of our health care. Cataract surgery has already been shown to be cost effective from studies evaluating something called "value per quality-adjusted life per year gained." Now, let's face it, it is hard to place a dollar value to the quality of life gained per year by having an operation, but the experts tried to do just that, estimating that having one eye operated on added over \$2,000 of benefit for each year following surgery. That goes up to almost \$3,000 of improved quality of life per year after having the second eye done. Why is that important? Because in the current economic environment, decisions about what medical procedures will or will not be covered by insurance will depend upon their relative value to society as well as the patient. Now add the pain, suffering, death and costs associated with fall-related hip fractures that can be prevented by cataract surgery and the cost of cataract surgery is a heck of a bargain for society as well as the patient.

Think you may have a cataract problem? Come in for a free screening at Eye Associates on Friday afternoons, no appointment necessary.



## Congratulations To A Real Hero

Eye Associates would like to congratulate Connie Siskowski on her nomination as a CNN Hero. She was selected from a group of 10,000 people worldwide and was one of the Top Ten finalist. Connie is the Founder and Director of the American Association of

Caregiving Youth. To learn more about this organization please visit their website at [www.AACY.org](http://www.AACY.org).

## Eye Associates - Going Green

Ralph Simone

Practice Administrator

If you have visited our office recently you may have noticed a change in our check in procedures requiring a total update of your personal account with us. This is a result of our having taken the first giant step towards our ultimate goal of becoming a paperless office by installing a new computerized practice management system that also includes a module for paperless electronic medical records. While your initial visit will take some additional time at the check in process and when implemented, in

the exam room during your initial encounter with the technician and your physician, it will ultimately result in more efficient future visits to our office. Additionally, it will expedite our communications with outside physicians when additional records are required as well as, outside pharmacies for obtaining your prescription medications. We are very excited about bringing these new computer technologies to you as our patient!

## A Better Mousetrap (The Femtosecond Laser)

Howard B. Goldman, M.D., F.A.C.S.

Cataract & Lens Replacement Surgery

You may have heard or seen advertisements lately relating to "bladeless" cataract surgery. As a reminder, the only way to cure a cataract is by surgically removing the cloudy lens. It bears saying that the procedure has dramatically changed over the last 30 years and is now performed as an outpatient surgery. The physical restrictions following surgery are few and recovery is incredibly fast. Cataract surgery is one of the safest procedures performed with only rare complications. So, is laser assisted or bladeless cataract surgery of any value?

The questions we should ask as cataract surgeons are: Is this limited use of laser safer and does it produce better results for me? A "better result" is of course relative to the present skill level of the surgeon. If the answer is "yes" is this technology affordable to surgeons and patients? The answer is "we just don't know yet". It is too early to tell as there

is not enough evidence gathered to confirm an improvement to my already excellent cataract surgery result with the use of this laser." What we do know is that just two of the five lasers currently going through the F.D.A. approval process have been approved for limited use in cataract surgery.

In other words, these new lasers only assist in performing part of the cataract surgery. The fact is you still must go into the operating room after the laser procedure to have the cataract removed, and your new lens implant inserted into your eye by the skillful hands of your surgeon.

In conclusion, we may realize significant benefits in the future using laser assisted cataract surgery. Rest assured that Eye Associates will obtain the best technology available assuring our patients the safest most reliable outcomes.

## The Importance of Routine Eye Examinations

It has been said that the eyes are the window to the soul. While looking into your eyes during a dilated eye exam does not reveal anything about your spiritual well being, in addition to the health of your eyes, a dilated eye exam can also tell your physician a lot about the health of your entire body.

Many believe that maintaining the most up to date prescription in their eyeglasses is the purpose of routine eye examinations. While it is important to keep up to date with your eyeglass prescription to enable you to use your vision to its fullest potential, the reason to have routine dilated eye examinations is so much more than just your eyeglasses. In addition to eye diseases such as cataracts, glaucoma and macular degeneration, dilated eye exams can also detect early beginnings and more advanced stages of many systemic and neurological diseases.

During your comprehensive eye exam, a refraction is performed to determine the degree of eyeglass prescription required to produce 20/20 or "normal" vision assists the physician in assessing both ocular

health and over all health of the patient. While changes in the eyeglass prescription can occur in an otherwise healthy eye or body, some changes can be an indication of eye disease such as cataracts or even more serious systemic disease such as diabetes or neurological disease such as brain tumors.

Routine eye examinations are a great idea and should be a part of everyone's health maintenance plan. If you have had eye surgery, macular degeneration, are a suspect for glaucoma, have high blood pressure or are diabetic, you should be seen for a comprehensive eye exam annually. If your eyes are healthy and you are otherwise in good health, you should be seen every two years for a comprehensive eye exam. In either case you should follow your eye care specialists recommendations.



## Sixth Annual Gift of Sight

On November 22, 2012 Eye Associates conducted their sixth annual Gift of Sight Day providing sight restoring procedures to over twenty deserving patients. Without this program, many needy recipients would remain with severe sight impairments and some face the possibility of blindness. This program began as a community service 5 years ago when Howard Goldman, MD recognized the need for assistance in the local area for people who were uninsured and had no means to

pay for surgery. Along with Dr. Goldman those donating their time and skills were Dr. Mark Weiner, Dr. Douglas Kohl, and several other area physicians who helped make this program a success. Other donations included medications, supplies and the surgical team of nurses at the Outpatient Surgery Center of Boca Raton. Jeffery Perlman, MD of Eye Associates extends the program throughout the year by providing surgical service to needy children.