



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.
Vitreoretinal Diseases & Surgery
Macular Degeneration & Diabetic Retinopathy

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

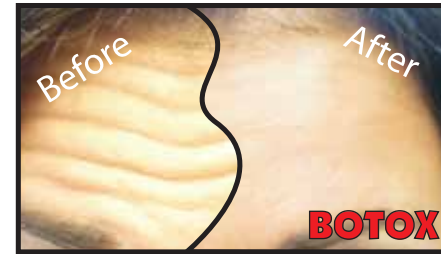
THOMAS W. HEGLAND, O.D.
Comprehensive Eye Exams, Medical & Surgical Triage
& Surgical Co-Management

PRESORT STD
US POSTAGE
PAID
BOCA RATON, FL
PERMIT NO. 1860

EYE LIGHTS

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

Winter - Spring 2011 Edition www.bocaeyeassociates.com



Spring time evokes a feeling of rejuvenation and freshness. With that in mind, now is the time to take advantage of the great "Spring Beauty Specials" at Eye Associates of Boca Raton. Botox and Juvéderm fillers are rapidly growing in popularity as people seek a fresher look and younger appearance without electing for more invasive cosmetic surgery. Botox and fillers also offer a safer approach when it comes to reversing the aging clock.

Mark H. Weiner, M.D., our fellowship trained oculoplastic surgeon, is impressed with the results of Botox and cosmetic fillers and their ability to deliver a more youthful and fresher look to his patients. Free cosmetic

Spring Beauty Specials

evaluations are available to anyone interested in pursuing these services. Eye Associates of Boca Raton is offering one Botox treatment site free with the purchase of another.

In addition to Botox and fillers we now offer Latisse to promote growth of your natural eyelashes. Longer, fuller lashes can be yours in a matter of weeks. Purchase one Latisse Treatment Kit and get a second one free while supplies last.

For more information call our office at (561) 391-8300.

Mark H. Weiner, M.D.
Ophthalmic Plastic Surgery & General Ophthalmology



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

Better Results Mean Better Vision

Recent improvements in lens optics are creating wonderful results with multifocal lens implants used during cataract surgery. Nearly everyone with these new lens implants report less dependency on eyeglasses with as high as 80% reporting no need for glasses at all following cataract surgery.

Patients tell us they notice the need for good light when reading and see rings around point sources of light, such as headlights. But, these do not seem to interfere with their ability to do pretty much anything they want. They also believe the ability to do without glasses more than makes up for this. The rings also become less noticeable with time. When our cataract surgery specialist, Dr. Howard Goldman, was asked if he were in need of cataract surgery, would he choose the latest design of multifocal lens implant, his answer was an emphatic "yes"!

Howard B. Goldman, M.D. is the Cataract Surgery Specialist for Eye Associates of Boca Raton. If you or someone you know has been told they have a cataract, and would like additional information or to know if you are a candidate for this new multifocal lens implant, please call (561) 391-8300.

Howard B. Goldman, M.D.
Cataract & Lens Replacement Surgery



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

Age-Related Macular Degeneration (ARMD) & Cataract Surgery



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

Patients with ARMD typically experience a decrease in central vision or a central blind spot and a distortion of straight lines. This greatly affects their ability to read small print, recognize faces and impairs vision at a distance. Cataracts can further reduce peripheral vision and contrast sensitivity, compromising even more the ability to perform activities of daily living. Patients often ask the question “can cataract surgery be safely performed if I have ARMD?” The answer is yes. Patients

with **DRY ARMD** may undergo cataract surgery whenever it is indicated, with a clear understanding that the procedure is expected to improve their quality of vision, and that the improvement may translate to clearer peripheral vision, improved light perception and some improvement of the central vision as well. This in turn should improve their quality of life. There is also the additional benefit that the retina specialist will have a better view of the macula for future diagnostic procedures or treatments. Many studies have demonstrated that cataract surgery typically does not contribute to the progression of ARMD. In patients with **WET ARMD**, new blood vessels underneath the macula bleed or leak fluid. This condition must be treated first and only when it has been under control for several months, and clearance to proceed with cataract surgery is given, should the surgery be performed. The retina specialist will follow this type of patient very closely after cataract surgery.

In summary, several studies have demonstrated that for patients with ARMD who receive cataract surgery benefits in visual outcome and performance of daily activities are much improved.

Annual Gift of Sight a Success

For the third consecutive year, Eye Associates of Boca Raton held their annual Gift of Sight program in November for those in need of eye surgery without insurance or the means to pay. There were 19 total surgery cases performed by Dr. Howard Goldman, Dr. Douglas Kohl, Dr. Mark Weiner and Dr. Tatiana Lee-Chee. Thanks to Dr. Steve Kiffel of Optimal Anesthesia for providing the anesthesia services at no charge. The Caridad Center in Boynton Beach was instrumental in identifying candidates in need of surgery and volunteers from Caridad assisted with translation for the patients. Special thanks to our friends at 620 Subs for providing boxed lunches for this event.

Exciting New Technology In Hearing Aids

Richard Arries, HAS, NBC-HIS
Hearing Aid Specialist



Presenting the PHSI Le-Fit Mini BTE hearing aids, exclusively at Eye Associates of Boca Raton. The revolutionary new aid is designed to help people hear clearer in areas with background noise, understanding speech, soft spoken voices and television. This new technology has never been offered in the hearing aid industry before. For more information please call our hearing aid specialist, Richard Arries, HAS, NBC-HIS at (561) 391-8300.

Eye Associates Continues Educational Programs

As a community service, Eye Associates of Boca Raton frequently holds Lunch & Learn Seminars to educate the community on topics such as cataracts and hearing loss. If you or someone you know has been diagnosed with cataracts or suspect you may have a hearing problem contact our office for our next seminar date. Seating is limited and on a reservation basis only. Friends don't let friends go uninformed! Tell your neighbor or loved ones about this free community service.

Vitamins, Vision and You

Howard B. Goldman, M.D.
Cataract & Lens Replacement Surgery

The media has saturated us with information on vitamins and herbs that may help prevent some diseases. Almost always, we then hear that these same products may result in terrible side effects or simply not be effective at all. So what are we to believe? We do know that studies have shown that taking a certain amount of vitamins and minerals led to a 25% reduction in Age-Related Macular Degeneration (ARMD). That study has given rise to many companies offering the “AREDS” formula.



I recently discussed the issue of nutrition, vision and health with Dr. Seth J. Baum, a local cardiologist and the inventor of RetinGuard. Dr. Baum's product was invented based on scientific evidence investigated by his company, VitalRemedyMD. Eye Associates of Boca Raton has no financial interest in Dr. Baum's company. I did, however, want to learn more about his products. In easy to understand terms, VitalRemedyMD produces “RetinGuard” a supplement similar to the AREDS formula. There are two major differences. The AREDS formula contains a level of zinc that is associated with anemia. To prevent that, copper is added to prevent anemia. However, if someone ingests more zinc from sources other than AREDS the amount of copper may not be enough to prevent problems. Copper can be toxic at higher levels. RetinGuard reduces the amount of zinc to a safer level.



Additionally, RetinGuard contains three carotenoids, substances which help to prevent damage to the macula. Some studies indicate that carotenoids are actually better absorbed in older people through the use of supplements than from foods such as leafy green vegetables, egg yolks and corn. Does this mean that taking RetinGuard will prevent you from developing ARMD? Sadly, the answer is “no.” My advice to my patients is to pay attention to diet, get more exercise and to those who are at risk of developing ARMD take this product instead of the AREDS formula. To know whether or not you may be at risk, schedule an eye examination. For more information on RetinGuard, call (800) 770-4360 or visit www.vitalremedy.com

Dr. Goldman to Speak at Case Western

Howard B. Goldman, M.D.
Cataract & Lens Replacement Surgery

Howard B. Goldman, M.D., Eye Associates' cataract specialist, has been invited to speak at an ophthalmology conference in May at Case Western Reserve University. He will cover surgical techniques in difficult cases and advanced technology intraocular lens implants. It is an honor to receive an invitation from such a prestigious institution, but a particular pleasure for Dr. Goldman to return to his home state of Ohio.