

# MAPLE EYE AND LASER CENTER

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www.MapleEyeandLaser.com

## HENRY OKSMAN, PHD, MD, AND KERRY KEELY, OD WELCOME TWO NEW COLLEAGUES

### Dr. Howard Kornstein: Cornea/Refractive Surgery

#### Come to see us about:

- Cataract Surgery
- Glaucoma
- Laser Vision Correction
- Intacs for Keratoconus
- Macular Degeneration
- Diabetic Eye Problems
- Contact Lenses
- Dry Eyes and Blepharitis
- CK for Presbyopia
- Multifocal Lenses

**Howard S. Kornstein, MD**, is a board-certified ophthalmologist who specializes in surgery of the anterior segment of the eye including cataract extraction and treatment of corneal disease. He is an experienced refractive surgeon who has performed over 16,000 laser vision correction procedures. He had LASIK to correct his own vision in 1998 and teaches laser vision surgery to other physicians. His areas of expertise also include “bladeless” LASIK with Intralase, Intacs corneal implants for keratoconus and Conductive Keratoplasty (CK) to reduce the need for reading glasses.

Dr. Kornstein hails originally from Rhode Island where he graduated from Brown University and Brown University Medical School. After Internal Medicine internship and residency at Harvard Medical School, Dr. Kornstein completed a three-year residency in Ophthalmology at New York University Medical Center. He next completed a yearlong fellowship in Cornea and Refractive Surgery at NYU and North Shore University Hospital. Dr. Kornstein is affiliated with Manhattan Eye, Ear and Throat Hospital and is a Fellow of the American Academy of Ophthalmology. He is also a member of the American Society of Cataract and Refractive Surgery, the New York Keratorefractive Society and the New York Intraocular Lens Implant Society. He has been in private practice in Manhattan and Fairfield County, Connecticut for the past 7 years.



Our office at 61 Maple Avenue in White Plains

### Dr. Jacob Rosenbaum: Vitreoretinal Surgery

#### Inside this issue:

- NEW! Electronic Health Records **2**
- Earlier Glaucoma Detection with the OCT **2**
- Contact Lenses and Seasonal Allergies **2**
- Laser Vision Correction **3**
- Multifocal Intra-Ocular Lenses **3**
- Macular Degeneration and Nutrition **3**
- Intacs for Keratoconus **4**

**Jacob D. Rosenbaum, MD**, is Associate Clinical Professor of Ophthalmology at Mount Sinai School of Medicine, specializing in medical and surgical treatment of diseases of the retina, macula and vitreous. He is a board-certified ophthalmologist who received his undergraduate and medical degrees at the University of Munich. He completed a medical internship and residency in Ophthalmology at State University of New York Downstate Medical Center. He then completed a fellowship in Vitreoretinal Diseases and Surgery also at SUNY Downstate. He has been teaching residents and medical students at Mount Sinai since 1978 and also serves as adjunct clinical professor at SUNY College of Optometry.

Dr. Rosenbaum is a Fellow of the American College of Surgeons and a Fellow of the International College of Surgeons as well as a member of the American Medical Association, the American Academy of Ophthalmology, the New York State Medical and Ophthalmological Societies and the Brooklyn Ophthalmological Society. He is trained in the most advanced techniques to treat diabetic retinopathy, macular degeneration, retinal detachments and other vitreoretinal diseases. Dr. Rosenbaum performs comprehensive retinal examinations and also evaluates the retina with optical coherence tomography, B-scan ultrasonography and fluorescein angiography.

## Saving the Trees: Electronic Health Records



Electronic health records put your health information at your physician's fingertips.

If we ask you to pose for a picture on your next visit to our office, don't be surprised: Maple Eye and Laser Center is going digital! We're phasing out all the paper charts and switching to Electronic Health Records (EHR). Your picture will appear along with other information when we access your file.

Our electronic records system combines efficiency with high security and should make your visits to our office

as smooth as possible. You will notice the doctor or an assistant entering information on a touch-sensitive computer screen right in the examination room. The system allows us to integrate the various diagnostic tools in our office and make all of your clinical data more easily accessible to the doctors.

There will also be computer monitors in the waiting area to let you privately update us on any changes in

your health conditions, medications or other personal information.

Many respected national healthcare associations have established initiatives in support of EHR. The increased use of computerized records will continue over the next decade as more medical practices eliminate paper record-keeping. Maple Eye and Laser Center is proud to be on the leading edge of health care technology.

## OCT Spells Early Detection of Glaucoma and Retinal Disease

*The OCT can be described as "ultrasound using light waves."*

Maple Eye and Laser Center recently acquired a Stratus OCT to improve our ability to detect glaucoma at the earliest stages and also to diagnose and manage problems with the central retina (the macula).

OCT, which stands for optical coherence tomography, can be described as "ultrasound using light

waves." It allows examination of the optic nerve and macula at an extremely fine scale. The OCT works like a camera, without requiring contact with the eye. It generates cross-sectional images (tomograms) of the retina and optic nerve down to a resolution of less than 10 microns.

The diagnostic value of the OCT is especially apparent

when managing patients before and after cataract surgery. Because of its precise resolution, it can detect very subtle amounts of fluid (edema) in the macula which may affect vision.

The OCT also helps follow progression of macular degeneration and retinal vascular diseases.

## Contact Lenses and Seasonal Allergies



Newer contact lenses may benefit allergy sufferers.

New silicone-based contact lenses by Acuvue may help your eyes to feel better this spring. The Acuvue **Oasys** and Acuvue **Advance** contacts have a silicone, plastic and water polymer combination which enables the lens to stay more hydrated on the ocular surface. In addition, the silicone allows five times more oxygen through the lens

compared to a regular disposable lens.

Contact lens wearers suffering from allergies may also benefit from a one-day disposable lens, such as One Day Acuvue **Moist**. This lens has the benefits and convenience of a daily disposable lens with the added feature of a wetting agent within the polymer to keep the lens

moist for up to 14 hours of wear. By putting a new, clean lens in every single day, allergy sufferers may reduce itching and redness significantly. It may also be beneficial to start eyedrops for allergies two weeks before your symptoms usually begin.

### Uncover Your Eyes with Laser Vision Correction

If you have ever considered laser vision correction to reduce your need for glasses and contact lenses, now is a great time to visit Maple Eye and Laser Center. One of the Tri-State area's most experienced refractive surgeons, Howard Kornstein, MD, has joined our practice.

Consultations to determine if you are a candidate for laser vision correction are free and can be scheduled in Westchester or Manhattan.

Dr. Kornstein performs all consultations personally and will review the best available options with you.

Dr. Kornstein had LASIK himself in 1998 to correct nearsightedness and has performed over 16,000 successful procedures. His patients have included television personalities and prominent athletes as well as other ophthalmologists.

Unlike many doctors who perform laser vision correc-

tion, Dr. Kornstein did a full year of extra clinical training in cornea and refractive surgery. He has published articles in peer-reviewed medical journals and has trained other ophthalmologists in laser vision correction.

If you have any questions about laser vision correction or other refractive procedures, please contact our Refractive Surgery coordinator, Eva Cumber at (914) 948-5157. Financing available.



Dr. Kornstein uses the VISX Star S4 laser with CustomVue available for wavefront-guided treatments.

### Spotlight on Multifocal and Toric IOLs

Artificial intraocular lenses (IOLs) are routinely implanted in the eye to replace the cloudy natural lens during cataract surgery.

Until recently IOLs could only correct one part of your visual range, usually distance. Patients still relied on reading glasses or bifocals to see clearly up close.

Now IOLs are available

which can provide quality vision over a wider range, from near to distance. These lenses are commonly known as **multifocal IOLs**.

Multifocal IOLs give cataract patients another excellent option for improving their vision at near and far.

If you have astigmatism and cataracts, new **toric IOLs** are now available to

give even better vision quality in just one step. If being less dependent on eyeglasses after cataract surgery is important to you, toric IOLs may be the right choice.

Visual needs vary and our doctors will be happy to discuss what multifocal and toric IOLs have to offer you at your next visit.

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*Multifocal IOLs can provide quality vision over a wider range, from near to distance.*

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### Macular Degeneration and Nutrition

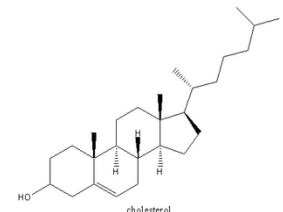
Macular degeneration is one of the leading causes of vision loss among people over 60 years of age. Here are some of the risk factors:

- Overall and abdominal obesity
- Diets high in vegetable, monounsaturated and polyunsaturated fats. To reduce the risk, eat foods high in omega-3 -fatty acids, such as fish.

- Older age
- Smoking
- High blood pressure
- Family history of macular degeneration
- Cardiovascular disease
- HDL cholesterol. Ideally we need a balance between exercise that increases HDL and good nutrition that lowers total cholesterol, so that HDL doesn't go up too high.

#### What Can You Do?

Eat a healthy diet, low in saturated fats and higher in omega-3 fatty acids. Control your intake of carbohydrates and get adequate protein. Vitamins are helpful but are useless if protein intake is poor. And don't forget to exercise! It is more important to be active daily than occasionally.



This cholesterol molecule might affect your vision.

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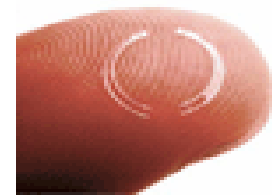
## Support for Keratoconus: Intacs Corneal Inserts

Keratoconus is a condition of the cornea which affects approximately 1 in 2000 people. In keratoconus the cornea progressively becomes thinner and more cone-shaped, causing irregular astigmatism. Patients frequently have poor vision quality with glasses and must rely on soft or rigid gas-permeable contact lenses. Sometimes the contacts become intolerable due to poor fit as the condition worsens. Until recently, the only option available at this point was a corneal transplant, an invasive procedure with slow vision recovery and serious potential long-term complications.

A newer procedure involving plastic semi-circular ring segments called Intacs may make transplant surgery unnecessary for some patients. The Intacs segments are implanted in the middle layer of the cornea to remodel the cornea to a more natural shape. No corneal tissue is removed; rather the Intacs provide support to the weakened cornea. The procedure is reversible by simply removing the implanted segments if needed. Patients with Intacs for keratoconus may be able to comfortably wear contact lenses again.

If you or someone you know has keratoconus, our doctors are available to help.

Dr. Keely is a contact lens specialist and has successfully fitted many 'hard-to-fit' patients. Dr. Kornstein is fellowship-trained in corneal surgery and was the first doctor in New York to insert Intacs for keratoconus via a femtosecond laser.



Intacs corneal inserts on a finger

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For appointments with Dr. Kornstein in Manhattan, 750 Park Avenue at 72nd Street, call (212) 744-6370.