

OCB VISIONS

Summer 2023

The Unexpected Benefits of Cataract Surgery



A cataract is a clouding of the eye's natural lens that can interfere with your vision and your quality of life. If you have a cataract, your vision may become blurry, cloudy and you may experience increased glare. Some people describe having cataracts as looking at the world through a foggy window.

If your cataract symptoms are mild, and not interfering with your day-to-day life very much, you might just need a new eyeglass prescription to help you see better, said OCB cataract and cornea specialist **Ramy Rizkalla, MD**. However, your eye doctor may recommend that you consider cataract surgery – the only treatment for cataracts -- when cataracts keep you from doing things you want or need to do.

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Protecting your eyes from UV light is as important as protecting your skin

As temperatures soar and we spend more time in the sun, OCB eye doctors ask that you protect your eyes from the sun's harmful UV rays. Most people are not as aware of the need to protect their eyes as they are about protecting their skin, according to the American Academy of Ophthalmology.

However, excess sun exposure can put

people at risk of serious short-term and long-term eye problems. UV rays can burn the cornea and cause temporary blindness in a matter of hours. Long-term sun exposure has been linked to an increased risk of cataracts, benign growths on or near the eye such as pterygium and pingueculas as well as cancerous growths in and around the eye.



“Just as your dermatologist may tell you to put on sunscreen to protect your skin from UV light, the tissues of the eye, including the ocular surface, cornea, and eyelids also require protection from the damaging effects of UV light,” said OCB cornea specialist Daniel Hu, MD.

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Celebrate 4th of July safely



OCB eye doctors wish you a safe and happy summer and want to remind you to protect your eyes and those of your children from injuries related to fireworks.

Every summer, we see first-hand the serious damage that fireworks cause to one’s eyes and we have learned that you don’t have to be the one handling them to be hurt. Fireworks caused 9 deaths and 11,500 injuries in 2021, according to the U.S. Consumer Product Safety Commission's most recent annual fireworks injury report.

Fireworks are advertised like toys around the Fourth of July. You may think you know how to handle them safely. But playing with fireworks can blind you or your loved ones. Here are a few recommendations from the American Academy of Ophthalmology:

- Attend a professional public fireworks show rather than purchasing fireworks for personal use.
- Respect safety barriers at fireworks shows and view fireworks from at least 500 feet away.
- Do not touch unexploded fireworks; instead, immediately contact local fire or police departments to address these possible threats.
- Never let children or teenagers play with fireworks of any type, even sparklers. Sparklers burn at more than 2,000 degrees Fahrenheit. That is enough to melt certain metals. Consider a glow stick or waving a flag instead.
- When viewing fireworks, wear protective eyewear that meets the parameters

OCB News

Claudia Richter, MD, serves as NEOS incoming President



OCB congratulates [Claudia Richter MD](#), who will serve as President of the New England Ophthalmologic Society. NEOS is a non-profit organization founded in 1884, dedicated to the study and advancement of ophthalmology. NEOS has had the good fortune to count among its members some of the brightest and most influential leaders in ophthalmology!

Laura Fine, MD, selected to join AAO Leadership Development Program



We congratulate [OCB President and Medical Director Laura Fine, MD](#), who was chosen through a highly competitive selection process to participate in the American Academy of Ophthalmology's Leadership Development Program (LDP) XXV, Class of 2024. Dr. Fine was nominated to represent the Ophthalmic Mutual Insurance Company. The American Academy of Ophthalmology is the world's largest association of eye physicians and surgeons. A global community of 32,000 medical doctors, the

AAO protects sight and empowers lives by setting the standards for ophthalmic education and advocating for patients and the public. The AAO innovates to advance the field of ophthalmology and to ensure the delivery of the highest-quality eye care.

OCB welcomes eight exceptional physicians to our Fellowship Program

OCB congratulates and welcomes six new fellows and two returning second year fellows to OCB's Ophthalmology Fellowship Program that is offered in partnership with Tufts Medical School. This year's fellowship program begins July 6. OCB fellows have completed their residency training and graduated from medical school. They have been selected to pursue additional

subspecialty ophthalmic training because of their outstanding achievements and passion in ophthalmology. While at OCB, fellows see patients in our practice to learn more about advanced eye conditions, complications and treatments.

We welcome glaucoma fellows Uma M. Jasty, MD, and Nayasha S. Madhan, MD; cornea fellows Abdul Karim El Hage Sieiman, MD (Karim Sleiman) and Maria Jose Lopez Velasquez, MD; First year retina fellows Stephanie Choi, M.D. and David Fell, M.D. and second year Retina Fellows Prashanth Iyer, M.D. and William Carrera, M.D!

Optional masking policy reminder

With the end of the COVID-19 Public Health Emergency in May, OCB ended its universal masking policy and has switched to optional masking. Patients are no longer required to wear masks at our offices. However, if you are more comfortable wearing a mask to your appointment, we welcome you to continue to do so. OCB will continue to provide masks for your convenience at all locations. If you have a fever or other flu-like symptoms (fever, chills, cough, congestion, runny nose, vomiting, diarrhea or a new skin rash) please do not come in for your appointment, but rather call our office and someone will assist you with rescheduling your appointment. You will NOT be charged a cancellation fee. Please see our [Frequently Asked Questions](#) for more information.



OCB now offering more convenient contact lens service!

OCB has changed its contact lens service provider and has partnered with Abby to improve the patient experience when ordering contact lenses. Abby is the only platform of its kind that is free for both patients and providers, while providing a stress-free, convenient contact lens ordering experience from all major manufacturers. Abby handles it all, all in one place – easy ordering, free delivery, helpful reminders and tracking, and no-hassle returns. The new site where patients can order contacts can be found on our website:



To order your contacts go to:

www.eyeboston.com > Resources > [Order Contacts](#)

Schedule your visit through Patient Gateway!

Did you know you can request an appointment through your Mass General Brigham Patient Gateway account?

If you are already a patient with us, you can easily request an appointment through **Patient Gateway!** If you are a new patient, you could also request your first visit through the **website**.

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OCB provides exceptional, state-of-the-art, compassionate eye care while advancing the field of ophthalmology through education, research and leadership.

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