



# YALE EYE

For Friends, Patients and Alumni of Yale Eye Center

WINTER 2010

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## A Visionary Gift for Macular Degeneration Research

Artist Norma Munro of Sherman, CT, chose to support macular degeneration research at Yale through a bequest of \$1.1 million to the Department of Ophthalmology and Visual Science. Ms. Munro spent the last two decades of her life legally blind from macular degeneration. Especially tragic was her inability to continue painting, a source of creativity and joy throughout her adult life. In later years, as Ms. Munro put her affairs in order, her decision was prompted by her awareness of Yale's outstanding track record in vision research. When Ms. Munro

passed away last year, Yale learned of her tremendous commitment. While she had never received direct care at the Yale Eye Center, Ms. Munro became informed of the research faculty's accomplishments in retinal physiology and genetics with new advances helping to explain the disease process of AMD and pointing the way to new treatments.

Macular degeneration is a major cause of visual impairment in the U.S. Approximately 1.75 million Americans age 40 and older have advanced macular degeneration, and another 7.3 million people

with intermediate macular degeneration are at substantial risk of vision loss. It is estimated that by 2020 there will be 2.95 million Americans with advanced macular degeneration.

Research at Yale is supported by alumni, parents, and friends in many ways — through unrestricted annual giving; capital gifts in support of priorities such as faculty research; planned gifts; and grants and awards from corporations and foundations. The Department extends its deepest gratitude, in loving memory of Norma Munro, for her most generous gift.

## Bahamas Program is Residency Feature



As part of their final year of subspecialty training in ophthalmology, senior residents (fourth year post-M.D.) at the Yale Eye Center serve a rotation in the Eye Clinic at Princess Margaret Hospital in the Bahamas. These Yale physicians have full clinic schedules plus cover emergency call while on assignment in Nassau.

Working along side Dr. Antonio Guerrero, attending ophthalmologist at PMH, each Yale resident examines patients in the outpatient setting, and subsequently

provides the necessary surgical procedures. For one week during each rotation, a full time member of the Yale faculty joins the resident to provide a wide spectrum of clinical expertise both in the clinic and the operating room.

Princess Margaret Hospital is dedicated to the care of all patients in the Bahamas. This high standard of eye care would otherwise be unavailable to many native Bahamians, except for the contribution of the Yale cooperative educational program. The experience allows autonomy for Yale ophthalmologists in training, and exposes them to levels and types of pathology not usually seen in the U.S. Yale trainees are made stronger, clinically and intellectually, by their experience overseas.

Yale Ophthalmology's tradition of international service began in Haiti at the Hospital Albert

Schweitzer, by ophthalmology residents who trained during the 1960s and 1970s. Subsequently, the Bahamas Program was organized in 1981 by then Chairman Dr. Marvin Sears, in coordination with the Bahamas Ministry of Health. The program has been coordinated over the subsequent decades by Clinical Professor Dr. I. W. Abrahams, who maintains close communication with Hospital Administration at Princess Margaret and officials of the Ministry of Health and Public Hospitals Authority.

Over the 27 years of its history, the cooperative relationship between Yale-New Haven Hospital and Princess Margaret Hospital has made a difference in eye care for many patients in the Bahamas. The success of the program continues to grow, providing our residents invaluable international experience.

## Chairman's Message



Dear Friends,

*I write to wish you and your families the very best for the New Year—may it bring you much happiness, peace, and good health!*

*In this issue, the Yale Eye Center gratefully recognizes the visionary gift of Norma Munro through her generous bequest of \$1.1 million to support the*

*department's research activities in macular degeneration. While she never directly received care at the Yale Eye Center, she became aware of the faculty's advances in furthering our understanding regarding the genetics and therapeutic options for this often devastating blinding disease.*

*I am also delighted to announce the recruitment of Nils Loewen, M.D., Ph.D., an accomplished physician-scientist, who joined our department this past July. Dr. Loewen specializes in glaucoma and anterior segment diseases with a clinical interest in innovative glaucoma surgical procedures. His academic research focuses on utilizing stem cells to genetically modify the abnormal drainage pathways in glaucoma, as well as identifying the causal factors in low pressure glaucoma.*

*We also highlight the extraordinary clinical training offered in our residency and fellowship programs. An exciting feature of our residency curriculum is the senior resident rotation in the Eye Clinic at Princess Margaret Hospital in the Bahamas. Starting in July 2010, a new two-year fellowship program in oculoplastics and orbital surgery will be offered under the direction of Dr. C. Robert Bernardino. The clinical training should greatly benefit from the recent expansion of the Eye Center's Cosmetic Eye Services.*

*On behalf of the many physicians, scientists, and staff at the Yale Eye Center, I wish to personally thank you for your continued support of the department, which is rapidly becoming a leading center of excellence in quality eye care, vision research, and medical education.*

Yours sincerely,

James C. Tsai, M.D., M.B.A.  
Robert R. Young Professor and Chairman  
Chief of Ophthalmology  
Yale-New Haven Hospital

## Cosmetic Eye Services at Yale Eye Center

### NON-SURGICAL AESTHETIC TREATMENTS

Aesthetic facial enhancement has made great advances in recent years. In the past patient commitment was significant in terms of both cost and medical risk; surgical intervention was the only means to enhance one's appearance. However, with advances in medical technology, patients can now pursue cosmetic enhancement with minimal financial cost and surgical risk. In addition, the majority of these "cosmeceuticals" do not last permanently, and therefore a patient who is concerned about the permanent alteration of appearance can try a cosmetic enhancement with less fear. Cosmeceuticals also offer a bridge until longer lasting surgical interventions are necessary or warranted.

Cosmeceuticals can address skin surface issues, such as skin texture and quality, pigmentation irregularities, wrinkles (both static and dynamic), and volume deficiency (from aging changes or sun exposure).

### REDUCING WRINKLES AROUND THE EYES AND FACE

Wrinkles around the eyes tend to make one look tired or older than one feels. They too can be caused by sun exposure, smoking, and aging changes. Wrinkles around the eyes and face may be dynamic (change with smiling) or static (constantly present). Injections of Botox™ can improve dynamic wrinkles while static wrinkles can be improved with fillers.



Before Botox™



After Botox™

### IMPROVING THE OCULAR SKIN CONDITION

One's skin condition has multiple components including color and texture. Rough, dry or oily skin, abnormal skin pigmentation or fine

*continued on page 3*

## Loewen Expands Glaucoma Service



Yale glaucoma specialists Nils Loewen, M.D., Ph.D. (left) and M. Bruce Shields, M.D. enjoyed the 13th Annual Yale Glaucoma Symposium with Jessica Joedecke and Michael Rabinowitz (far right) from Merck & Co., Inc., a Diamond Supporter of the conference through an unrestricted educational grant to Yale CME.

Nils Loewen, M.D., Ph.D., is the most recent faculty addition at the Yale Eye Center. He joined the department on July 1, 2009 as Assistant Professor of Ophthalmology and Visual Science, specializing in glaucoma, anterior segment diseases, and ophthalmic research. He provides traditional as well as the newer, cutting-edge glaucoma procedures: small incision trabeculectomy, trabectome trabeculectomy and canaloplasty. In addition to standard cataract surgery, Dr. Loewen performs complex cataract and anterior segment reconstructive surgeries that are often necessary in certain glaucoma conditions. He has a special clinical interest in novel glaucoma procedures targeted at moderate stages of glaucoma. Along with his faculty colleague Dr. Hylton Mayer, Dr. Loewen performed one of the first trabectome trabeculectomies in Connecticut. He also plans to offer suprachoroidal shunt implantation and transcliliary filtration for selected patients in the near future.

Before his arrival at Yale, Dr. Loewen received clinical fellowship training with Dr. Robert Weinreb at the Hamilton Glaucoma Center at UCSD, one of the most distinguished glaucoma practices worldwide. Previously, at Mayo, Dr. Loewen spear-

headed research into gene therapy for glaucoma with lentiviral vectors. He developed a technique to permanently genetically modify the outflow tract of the eye, the site of the primary pathology in glaucoma. He is now deploying the same tools to reversely engineer an intact outflow system utilizing stem cells.

In his short academic career, Dr. Loewen has authored more than 70 abstracts, articles, and book chapters, and secured two patents. He serves as a reviewer for several scientific journals including *Investigative Ophthalmology and Visual Science*, *Molecular Vision*, *Experimental Eye Research*, *Journal of Gene Therapy*, *Gene Medicine* and *Human Gene Therapy*. He is a member of the American Glaucoma Society, American Academy of Ophthalmology, Association for Research in Vision and Ophthalmology and American Society of Gene Therapy.

His clinical academic interest lies in identifying causative factors in low pressure glaucoma, a condition that affects up to a third of open angle glaucoma patients. The disease is often non-responsive to traditional pressure lowering therapy. Volunteer participants for sleep studies are being actively recruited to record nightly eye pressures and their sleep position(s).

### Cosmetic Eye Services

*continued from page 2*

wrinkles can also give a tired or aged look. Chemical peels can improve rough skin texture and fine wrinkles while dry or oily skin and irregular skin coloration can be improved with a prescription strength skin regimen including daily cleansers and medication.

#### INCREASING THE EYELASH LENGTH AND THICKNESS

Thick, longer lashes give the eye a youthful, energetic appearance. Treatment with the latest medications will improve the thickness and length of one's lashes to improve the eyes' appearance.



*Before Latisse™*



*After Latisse™*

Dr. C. Robert Bernardino, director of the Ophthalmic Plastics and Orbital Surgery Section at the Yale Eye Center, uses the most advanced products including: Botox Cosmetic™ for dynamic wrinkles, Juvederm™ for static wrinkles, Vivité Glycolic Peel™ for skin resurfacing, Latisse™ for eyelash growth, and Clinique Medical™ for daily skin care. Many of these treatments can be provided the day of the consultation with little or no recuperation time. Dr. Bernardino can also evaluate his patients for more permanent surgical interventions, if warranted or desired.

*(Photos courtesy of Allergan, Inc.)*

## Training Eye Surgeons – Residency Program



*Dr. Bernardino lectures residents.*

The M.D. diploma is a great milestone in the career of a physician, but only the first of many steps toward his/her career as an ophthalmologist. Each fall, Yale Eye Center’s Residency Program receives over 400 applications for specialty training in ophthalmology, the vast majority from seniors in medical school. Our residency committee painstakingly reviews some 10,000 pages of credentials in order to select just over 60 candidates for interview. Each is questioned and evaluated by 10 faculty members, and ranked in order of preference after meticulous discussions at a selection meeting. In January, the program matches just four fortunate individuals who will begin ophthalmology training in 18 months, following graduation and a year of hospital-based internship to strengthen their skills in patient interaction and examination, and to expand and sharpen their comprehensive medical acumen before specialization.

Every July, four new residents in ophthalmology begin a rigorous, multi-week orientation, crack open several textbooks at once, and receive hours

of lectures. Beginning with the most common and the most important ophthalmic disorders, new residents practice examination techniques, learn diagnostic algorithms, and “shadow” senior residents in the clinic and on call. They learn hospital procedure, observe and participate in patient diagnosis and management, and then step up to direct patient care in clinical rotations at the Yale Eye Center, Yale-New Haven Hospital, and the VA Medical Center. During this year, residents dramatically increase the scope of their practice, and have the opportunity to assist senior surgeons in a variety of anterior segment and ophthalmic plastic procedures.

During the second year of training, residents increase their surgical experience, in carefully monitored steps, evolving to primary physician and surgeon. Their experiences include graded introductions to cornea transplant and placing corneal sutures, as well as opening and closing incisions and subsequently assisting on complicated retina procedures and glaucoma surgery. At the VA Medical Center, the residents run a busy

patient clinic, perform 10 to 15 cataract extractions, and begins to transition to advanced cataract techniques.

In the third year, residents receive the most rigorous anterior segment surgical experiences. At the VA Medical Center, third year residents perform well over 100 cataract procedures annually, in addition to multiple glaucoma and retina procedures and cornea transplants. Each third year resident also runs the busy Eye Clinic at Hill Health Center for three months and performs any associated surgery. Yale Eye Center gratefully acknowledges the daily staffing of Hill Health Center by our community faculty, who voluntarily donate hundreds of hours of attending supervision for senior residents and their patients.

Each resident also serves four weeks as Yale Physician at the Princess Margaret Hospital Eye Clinic, Nassau, Bahamas, providing a large portion of the eye care for the island’s indigent population (see related story, page 1).

A senior resident satisfactorily completes his/her training based on quarterly evaluations by all preceptors. The Program Director reviews evaluations twice a year with each resident to highlight strengths and areas for improvement. As a final step, the resident ensures proper and comprehensive logging of the required number of surgical procedures, and is recommended by the Department Chairman to sit for written and oral examinations by the American Board of Ophthalmology. Thus, achievement of Board certification is the goal for every graduating resident.



*C. Robert Bernardino, M.D.  
Associate Professor  
Residency Program Director*



*James E. Kempton, M.D.  
Assistant Professor  
Associate Program Director*



*Erica B. Fritz  
Education Coordinator*

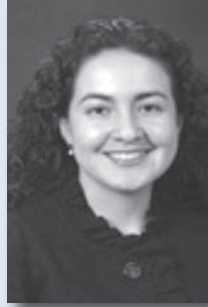
## Meet the New Residents in Ophthalmology Who Arrived July 1, 2009



*Cecily Hamill, M.D., Ph.D.  
Emory University*



*Inna Marcus, M.D.  
New York University*



*Claudia Castiblanco, M.D.  
Yale University*



*Joseph Giacometti, M.D.  
Jefferson Medical College*

## Educating Eye Specialists – Fellowship Training



*Dr. Huang and Dr. Kempton with patient.*

To achieve advanced expertise in a specific discipline within ophthalmology, residents must apply for a fellowship position following completion of their residency training. During the second or third year, residents must re-live the application/ interview process they so recently completed for a residency spot. Successful applicants work closely with expert preceptors in their chosen subspecialty. At Yale, fellowship training is currently provided in glaucoma and retina. Starting in July, 2010, a new fellowship will be offered in oculoplastics and orbital surgery, under the direction of C. Robert Bernardino, M.D.

Glaucoma is the subspecialty of ophthalmology that studies and treats disorders of the eye and optic nerve identified as a characteristic optic neuropathy with associated vision loss. Yale's one year Glaucoma Fellowship is directed by Dr. Hylton Mayer, M.D., an alumnus of the program. Subspecialists in glaucoma manage patients with complex and/or severe glaucoma

disorders and associated ocular conditions. Fellowship training in glaucoma involves more in depth education about the pathophysiology and medical and surgical management of glaucoma and related ocular and systemic disorders. Jigna Joshi, M.D., the current Glaucoma Fellow at Yale, enjoys mentorship and guidance from Drs. Nils Loewen, Hylton Mayer, Bruce Shields, and James Tsai.

The goal of the two-year Yale Retina Fellowship, under the direction of Kathleen Stoessel, M.D., is to provide advanced training in the diagnosis and management of medical and surgical disorders of the retina and vitreous. Fellows acquire the necessary clinical skills for the treatment of patients with vitreoretinal diseases (as well as ocular oncology) by long term follow-up of out-patients; pre, intra-, and post-operative care of patients; and in-depth research and education. Dr. Rajeev Seth is in his second year of training, while Dr. Shelly T. Lee has begun her first year of training. Both receive instruction by Drs. Ron

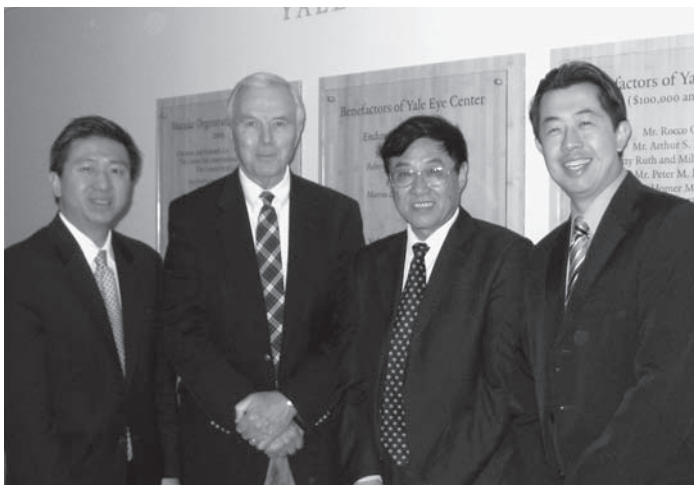
Adelman, John Huang, James Kempton, Miguel Materin, and Kathleen Stoessel.

Oculoplastics and orbital surgery is the subspecialty of ophthalmology focusing on all the structures around the eye including the eyelids and face, bones forming the orbit around the eye, the tear drainage (lacrimal) system, and soft-tissues behind the eye (orbit). To provide comprehensive training in this subspecialty, two-years is required. The first year is focused on the reconstruction of the eyelid and lacrimal system; this includes surgery to correct droopy eyelids (ptosis), inturning (entropion) or out turning (ectropion) eyelids, reconstruction after trauma or skin cancer, and tear drain obstructions. The second year is focused on advanced techniques of orbital surgery (surgery behind the eye) including orbital decompression for thyroid eye disease, reconstruction after trauma (fractures), and tumor surgery. Additional training in medical and surgical cosmetic enhancements of areas around the eye is given.

## Photo Gallery...



**Yale Spring Symposium / Alumni Day, June 19.** Yale faculty, residents, and fellows join special guests: distinguished alumna Dr. Eydie Miller-Ellis, visiting faculty Dr. Roy Chuck and Dr. David Brown, and Cathy Cohen, AAP VP for Government Affairs.



**International Visitor.** On October 30, 2009, Yale Eye Center welcomed Dr. Dejong Jiang, Professor of Ophthalmology at Xiangya Medical College, and Dean, Hunan Bright-Yard Eye Hospital, who lectured on International Ophthalmology to the department and community. (L-R) Dr. Tsai, Dr. Bruce Shields, Dr. Jiang and Dr. John Huang.



**Night of the Blind.** In June, 2009, Lion John Gagain, Past District Governor, of Wolcott, and outgoing President of the CT Lions Eye Research Foundation, Mike Del Re, presented the prestigious "Knight of the blind" award to Dr. Ron Adelman, in recognition of his volunteer service in the Dominican Republic, and appreciation of his patient care activity at the Yale Eye Center.



**Eydie Miller-Ellis, M.D.** was recognized as Distinguished Alumna at the Spring Symposium on June 19, 2009. Dr. Miller-Ellis, Yale Glaucoma Fellow 1989-90 and Faculty 1990-1999, is now Professor of Ophthalmology and Director of the Glaucoma Service at Scheie Eye Institute, University of Pennsylvania.



**The Yale Cataract and Cornea Symposium** took place October 9th on Long Island Sound in Westbrook, CT. Connecticut eye physicians filled the Water's Edge Conference Center to learn new techniques from Yale faculty and visiting faculty, including (front L-R): Drs. Vincent de Luise, Jimmy K. Lee (Conference Co-Director), Albert Jun, James Acquavella, Esen Akpek, James Tsai (Conference Co-Director), Jonathan Song; (rear L-R) Robert Osher, Ron Smith, Joel Geffin, Mark Terry, Paul Gaudio, Stephen McLeod, Aryan Shayegani, and Francis Mah.



**The 13th Annual Yale Glaucoma Symposium** took place November 6, 2009 at the New York Academy of Medicine. Attendees came from 14 states, five countries, and a U.S. territory, truly an international event. The faculty panel (front to rear, L-R) included Drs. Nils Loewen, James Tsai, Marvin Sears, Bruce Shields, David Huang; Jack Cioffi, Robert Weinreb, Neeru Gupta, Craig Marcus and Ray Harrison; Alon Harris, Anders Heijl, Jeffrey Schultz, Maurice Luntz, and Franz Grehn; Ted Garway-Heath, Jeffrey Leibmann, Gregory Skuta, Scott Smith, Nathan Radcliffe, and Ananth Viswanathan; Lou Cantor, Janet Serle, Max Forbes, Anne Colema, and Rajendra Bansal. Faculty not pictured: Keith Barton, Stanley Berke, John Danias, Robert Fechtner, Gregory Harmon, Hylton Mayer, Paul Sidoti, and Celso Tello.



**Team Building through basketball!** Faculty and residents spar weekly at Payne-Whitney gym (L-R) Drs. Hylton Mayer, Matthew George, Jimmy K. Lee, James Kempton, Miguel Materin, Rajeev Seth, Javier Servat and James Tsai.



**Community Service in August:** Yale Eye Center worked with Friends of the Congressional Glaucoma Caucus Foundation (FCGCF) to provide glaucoma screenings at the Hill Health Center Fair (L-R) Bud Grant, Foundation President; Yale medical student David Shield performed visual acuity and field screening; Ophthalmology resident Dr. Raluca Raducu provided eye exams; State Rep. Elizabeth Ritter and New Haven Mayor John DeStefano, Jr. extended congratulations; FCGCF staff Anne Clemens and Yale staff Erica Fritz registered patients.

**R P B Research to Prevent Blindness**

Research to Prevent Blindness (RPB), the world's leading voluntary health organization supporting eye research, is currently funding a four-year challenge grant of \$220,000 to the Department of Ophthalmology and Visual Science at Yale to spur the development of advanced research into the causes, treatment, and prevention of blinding diseases. The research will be directed by James C. Tsai, M.D., Chairman of the Department of Ophthalmology and Visual Science. The grant will allow basic scientists and clinicians to form collaborations that will result in promising translational research. Tsai notes, "We are extremely grateful to RPB for their generous support of the vision research program at Yale. Our goal is to accelerate the rate of scientific discoveries and translate these results into meaningful treatments for our patients in need."

FOR APPOINTMENTS CALL:

**(203) 785-2020****Toll Free (800) 395-7949**VISIT OUR WEBSITE: [www.eyes.yale.edu](http://www.eyes.yale.edu)

## Upcoming CME Events

- January 15** **John G. Clarkson, M.D.**, *Dean Emeritus and Professor of Ophthalmology, University of Miami / Miller School of Medicine*
- January 22** **Teresa C. Chen, M.D.**, *Associate Professor of Ophthalmology, Harvard Medical School*
- February 5** **Thomas J. Liesegang, M.D.**, *Professor of Ophthalmology, Mayo Clinic, Jacksonville, FL*
- February 12** **Jacob T. Wilensky, M.D.**, *Professor of Ophthalmology, University of Illinois at Chicago*
- February 26** **Joshua A. Young, M.D.**, *Associate Professor of Ophthalmology, New York University School of Medicine*
- March 26** **Michael X. Repka, M.D.**, *Professor of Ophthalmology and Pediatrics, Johns Hopkins / Wilmer Eye Institute*
- April 16** **Andrew G. Lee, M.D.**, *Chair of Ophthalmology, The Methodist Hospital (Houston); Professor of Ophthalmology, Weill Cornell College of Medicine*
- April 30** **Robinson V. Paul Chan, M.D.**, *St. Giles Assistant Professor of Pediatric Retina and Assistant Professor of Ophthalmology, Weill Cornell College of Medicine*
- May 7-8** **YALE SYMPOSIUM ON OCULAR EMERGENCIES – New York Academy of Medicine**  
**Yale Faculty:** *C. Robert Bernardino, M.D. FACS, Associate Professor, and James C. Tsai, M.D. MBA FACS, Professor and Chairman – Course Directors; Daniel J. Salchow, M.D., Assistant Professor, and David E. Silverstone, M.D., Clinical Professor – Course Co-Directors; Brian M. DeBroff, M.D., Associate Clinical Professor, John J. Huang, M.D., Assistant Professor, Jigna Joshi, M.D., Instructor, James E. Kempton, M.D., Assistant Professor, Jimmy K. Lee, M.D., Assistant Professor, Shelley T. Lee, M.D., Instructor, Robert L. Lesser, M.D., Clinical Professor, Nils Loewen, M.D., Ph.D., Assistant Professor, Miguel Materin, M.D., Assistant Professor, Hylton R. Mayer, M.D., Assistant Professor, Seth W. Meskin, M.D., Clinical Instructor, Aryan Shayegani, M.D., Assistant Clinical Professor, M. Bruce Shields, M.D., Professor, Steven C. Thornquist, M.D., Clinical Instructor, Thomas J. Walsh, M.D., Clinical Professor*  
**Visiting Faculty:** *Rod Foroozan, M.D., Assistant Professor, Baylor College of Medicine; Jeffrey D. Henderer, M.D., Professor and Chair, Temple Medical School; Bonnie Henderson, M.D., Assistant Clinical Professor, Harvard Medical School; Alex V. Levin, M.D., Professor, Jefferson Medical College; Jeffrey A. Nerad, M.D., Professor, Cincinnati Eye Institute; Sarit M. Patel, M.D., Grove Hill Medical Center, Dante J. Pierimici, M.D., Assistant Visiting Professor, Wilmer Eye Institute, Christopher J. Rapuano, M.D., Associate Professor, Jefferson Medical College/Wills Eye Institute; Linda M. Tsai, M.D., Associate Professor, Washington University School of Medicine*
- May 14** **J. William Harbour, M.D.**, *Paul A. Cibis Distinguished Professor of Ophthalmology and Visual Sciences, Washington University School of Medicine*
- June 18** **YALE SPRING SYMPOSIUM / ALUMNI DAY – New Haven Lawn Club**  
*Featuring Distinguished Alumnus Bruce Prum, M.D., Associate Professor of Ophthalmology, University of Virginia (Yale Glaucoma Fellow 1992-93); Dr. Donald D'Amico, Professor and Chairman of Ophthalmology, Weill Cornell Medical Center; Dr. Kim Sippel, Assistant Professor of Ophthalmology, Weill Cornell Medical Center*