

## AGE RELATED MACULAR DEGENERATION-TREATMENT UPDATE

By: Dr. Carolyn Glazer-Hockstein



demonstrate that diet and high dose vitamin/antioxidants may help prevent some people from progressing to advanced AMD. Foods high in lutein, zeaxanthin, and omega-3-fatty acids protect against AMD. Green, leafy vegetables and colorful fruits contain high amounts of lutein/zeaxanthin. Examples of foods high in omega-3-fatty acids include salmon, tuna, sardines, walnuts and broccoli.

Age related macular degeneration (AMD) is a disease that blurs your central vision. AMD affects the macula, the area of the eye that allows you to see fine details for activities such as driving, reading, and watching television. AMD is the leading cause of vision loss in Americans over the age of sixty five. There are two forms of AMD: wet or dry. Both wet and dry AMD may cause significant vision loss. Wet AMD tends to cause more rapid vision loss than dry AMD.

Results from the National Eye Institute's Age Related Eye Disease Study (AREDS)

Patients with wet AMD now benefit from intraocular injections of Lucentis or Avastin. These are new medications which are very successful at stabilizing vision, and in some cases can improve sight. Lucentis and Avastin target a specific chemical in your body that is critical in causing abnormal blood vessels to grow under the macula in AMD. That chemical is called vascular endothelial growth factor (VEGF). Anti-VEGF drugs block the trouble causing VEGF, reducing the growth of abnormal blood vessels and slowing their leakage and damage.

Dr. Carolyn Glazer-Hockstein and Dr. Paula Ko are retina specialists at Eye Physicians and Surgeons who are committed to helping patients with AMD and other retinal diseases. If you would like to learn more about AMD or to schedule an appointment call (302) 652-3353.

Eye Physicians and Surgeons is pleased to announce that Carolyn Glazer-Hockstein, M.D. has joined our expanding retina service. Dr. Glazer-Hockstein follows in the tradition of Eye Physicians and Surgeons in her commitment to patient care and experience with the latest technologies and techniques for treating ophthalmologic disease.

Dr. Glazer-Hockstein graduated Cum Laude from Jefferson Medical College.

She was a member of the Hobart Armory Hare Honor Society and was elected to the Alpha Omega Alpha Honor Society. She also received the Carol R. Mullen prize in ophthalmology. She completed her residency at the Scheie Eye Institute, University of Pennsylvania. During that time she was elected Chief Resident. After residency, Dr. Glazer-Hockstein completed a two years medical retina fellowship at the Scheie Eye Institute, University of Pennsylvania.

Dr. Glazer-Hockstein has published multiple articles in peer-review journals and has lectured on a variety of retinal disease subjects. Her specialization includes but is not limited to: macular degeneration, retinal vascular disease and diabetic retinopathy.

As seen in...



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Carolyn Glazer-Hockstein, M.D. is a retina specialist at Eye Physicians and Surgeons in Wilmington Delaware. She joined the group in 2008 to expand the growing retina service. She cares for patients with retinal diseases including but not limited to age related macular degeneration, diabetic retinopathy, and retinal vascular disease.

Dr. Glazer-Hockstein was born in Philadelphia and raised in Wynnewood, PA. She attended Jefferson Medical College in Philadelphia where she graduated cum laude and was elected to the Hobart Armory Hare Medical Society and the prestigious Alpha Omega Alpha Medical Honor Society. She stayed in the Philadelphia area to complete her residency at the Scheie Eye Institute, University of Pennsylvania where she was elected chief resident. She then completed a medical retina fellowship also at Scheie Eye Institute University of Pennsylvania. She currently serves on the board of the Delaware Academy of Ophthalmology. Her practice includes the most up to date diagnostic and treatment techniques of retinal diseases including laser therapies and injections.

Dr. Glazer-Hockstein currently resides in Wilmington with her husband Neil Hockstein, M.D. and her two children Leia who is six, and Aaron who is three. She enjoys the challenging combination of medical practice and caring for her family.

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