

Macular Hole

A Treatable Form of Retinal Degeneration.



Virginia Kesterson, 72
Successful macular hole
repair patient

Imagine being blind in one eye and rapidly losing your sight in the other. That's exactly what happened to Virginia Kesterson, a 72-year-old resident of

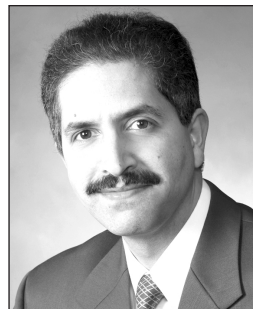
Newark. Before she knew it, Virginia was unable to distinguish faces, read, or watch TV. She was initially told nothing could be done to save her vision, then she came to Bloomberg Eye Center where we diagnosed a macular hole in her seeing eye.

Macular hole is a degeneration of the central retina that leads to a central blind spot in the vision, typically occurring in people over 60. A macular hole results from degeneration of the retina, pulling forces from the gel that fills the eye, and scars that form on the retinal surface. At our Newark facility, Virginia underwent an hour-long procedure to repair the macular hole in her seeing eye.

Vitreoretinal surgery, the only available treatment for macular holes, involves removal of the gel (vitrectomy) as well as the scar tissue around the hole, and placement of a gas bubble in the eye. The surgery took about an hour, which was the easy part for Virginia. Once the surgery was completed, Virginia had to remain in a face-down position for 3 weeks to keep the gas bubble in place against the macular hole until the gas dissolved. Once her recovery was complete, Virginia's vision improved from 20/400 to 20/25 and she could see again.

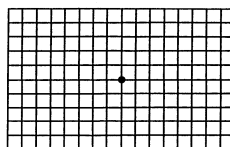
In our practice, we have found vitreoretinal surgery to be up to 90% successful when performed within 6

Shahin Shahinfar, MD
Retinal Diseases and
Surgery



Dr. Shahinfar is a board-certified ophthalmologist and Medical Director at the Bloomberg Eye Center. Retinal specialty services at Bloomberg Eye Center include treatment of macular degeneration, retinal detachments, and advanced diabetic eye care. Bloomberg Eye Center is the only center outside of Columbus offering advanced medical and surgical treatment of retinal diseases.

months of the onset of symptoms. A cataract, if present, can be removed at the same time. We recommend that people periodically check their vision in each eye by covering one eye at a time. An "Amsler Grid," available from your eye doctor, is particularly helpful to monitor the vision. By doing this on a regular basis, people can detect distortions in their central vision and seek treatment early.



Amsler Grid
not shown in
actual size

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