



Contents

Holiday Greetings	Page 1
Give the Gift of Sight	Page 2
Seeing Things Her Way	Page 2
How to Insert PROSE Devices	Page 3
Breaking the Chains	Page 4
Seeing a Way Out	Page 5
From Our Founder	Page 6



www.bostonsight.org/donate



www.facebook.com/bostonsight

Holiday Greetings



It is said the eyes are the windows to our souls.

Healthy eyes are the soul of our mission, and BFS' gift to our patients – at the holidays and always – is the gift of sight.

As we approach the holiday season, I wanted to reflect upon the progress we have made in 2011, and share my vision for the coming year. I can see:

- A Founder who never stops looking for solutions
- A brilliant and caring staff
- Partners spreading PROSE treatment across the country and around the world
- Cutting edge technology coupled with compassionate care
- Patients and their families helping each other on the web and in our kitchen
- A Board of Directors committed to our mission
- Donors stepping forward with financial assistance to make the miracle possible
- Many more patients that we need to reach
- That we cannot rest, there is much more to be done

Working with our patients - past, present and future - is a privilege that we do not take lightly. Thank you for making it all possible.

Please enjoy this season with friends, family and loved ones.

-Gene Bonte, CEO and President

Give the Gift of Sight

How many people can say that they've had the opportunity to create a miracle in their lifetime? Not many. But you can do just that.

Through your support of Boston Foundation for Sight and the patient-centered care provided by our committed staff, you create miracles. Every day bears witness to them as we restore the sight of our patients and help them to reclaim their lives.

“Miracle” isn't a word to be used lightly. It is reserved for an amazing or unprecedented event. But it is exactly the right word to use to describe the personal journey of each BFS patient.

“If you set out on this venture, pack your courage, tears, humor, hope and stay with it until the outcome is reasonably clear. You couldn't find a group of people more dedicated to comforting your eyes and restoring your vision.”

Many of you have experienced that miracle first-hand during your time at BFS. By becoming a 2011 BFS donor, you make it possible for everyone who walks through our doors to receive the precious gift of sight. [Please give generously.](#)

Seeing Things Her Way

Patient Profile: Julia Band Orange



Julia Band Orange was just a one-year old little girl when she began to have symptoms of autoimmune polyendocrinopathy syndrome (APS) type 1, an extremely rare autoimmune disease. Hallmarks of APS type 1 include photosensitivity, dry eyes and keratopathy, a non-inflammatory disease of the cornea. For five years she suffered with extremely dry eyes, light sensitivity and frequent eye infections. Her parents, Jennifer and Pat, treated her condition with “many, many eye drops – Restasis, Refresh, serum, Alex, Lacrilube”, as well as antibiotics. Unfortunately Julia never found much relief from the constant dryness.

As children do, Julia took her situation in stride, but her parents remained very concerned about the potential for permanent damage/injury to their daughter's eyes. So they were relieved when Dr. Asim Ali, an ophthalmologist at the Hospital for Sick Children (SickKids) in Toronto, Canada, told them about PROSE, explaining that it could protect Julia's eyes from future corneal abrasion and improve both her vision and the overall health of her ocular surface.

(Story continued on next page)

Seeing Things Her Way

In November 2011, six-year old Julia, Jennifer and Pat traveled to BFS. Through the treatment provided by Ryan Ridges, M.D. and the support of ophthalmic technician/trainer Kris Somers, Julia returned home with new prosthetic devices. She was even able to insert her devices by herself!

“Dr. Ridges worked so patiently with her and listened to both of us. It’s such a relief as a parent, because it is sometimes a battle to be heard. Having one dedicated trainer was also really smart; Julia and Kris bonded and got to know how each other worked,” said Jennifer.

PROSE treatment has given Julia great relief from dry eye symptoms and markedly improved her vision. Julia is also happy because she can draw better with her improved sight (the lovely instruction manual she drew for this author is testament – see below); she is also excited to return to soccer and baseball, confident that her new devices will help her to improve her game.

About their BFS experience, Jennifer shared: “It has been great for me, because the people here have been very responsive to my suggestions on how to work with Julia, and you don’t get that everywhere. Even in a pediatric environment, you may have to push to get them to respond to your family’s particular way of doing things.”

“They tell you in medical school not to focus on the disease and forget about the patient,” said Dr. Ridges. “Julia has a way of making you forget about the disease. She always finds the game in an obstacle and the life between the symptoms. It was my great honor to help her keep seeing things her way for a long, long time.”

How to Insert PROSE Devices

by Julia Band Orange (Age 6)

1. Be Brave!
2. Wash device
3. Put device on plunger
4. Fill device with saline
5. Pull up lids
6. Carefully put the device to eye
7. Put device in eye
8. When device is in eye, squish the plunger
9. Let go of lids and pull the plunger away



Breaking the Chains



Patient Profile: Melissa Kelley

When Melissa Kelley was diagnosed with rheumatoid arthritis (RA) nearly 25 years ago, she was committed to herself not to let the stiff, aching joints, painful muscles, and fatigue that are the hallmarks of this disease change her active lifestyle.

With medical treatments and lifestyle modifications, she was able to continue pursuing her outdoor passions, including cycling, rock-climbing, skiing, and whitewater canoeing, that are very much an integral part of the quality of life in Colorado.

But when Melissa began experiencing dry eye symptoms, a common complication of RA, her determination was sorely tested. A self-professed “night owl” accustomed to working the night shift as a nurse, she could barely tolerate keeping her eyes open: “I was in such horrible pain it was sending me to bed so early.” Reading a good book until the small hours of the morning, using the computer, or knitting became a thing of the past. The pain and light sensitivity she experienced from the wind and bright Colorado sunlight also made outdoor sports impossible.

She tried lubricating drops and gels, punctal plugs, and prescription immunosuppressant medications, but her dry eye symptoms only grew worse. Then, an ophthalmologist referral to Boston Foundation for Sight changed everything.

Melissa approached her treatment at BFS with her typical indomitable spirit, determined that PROSE was going to be successful for her. And it was. “You’ve got to want it and think positive that it’s going to work. The staff at BFS is going to get you there.”

Armed with her new devices, Melissa has set her sights on a challenging new goal: climbing a Fourteener (a mountain peak exceeding 14,000 feet). “I’m dying to get back to exercising so that I can climb that mountain next year.”

Dr. Karen Carrasquillo: “Despite her rheumatoid arthritis and the impact on her joints, Melissa always greeted me with a smile, always positive, always optimistic. Her story is one of perseverance, of not giving up, and not letting physical limitations take over her life. After PROSE treatment, she wants to go hiking and ski again! She certainly has inspired me and I’m sure she will continue to inspire others. Her determination reminds me of one of my favorite books that I read when I was younger... Richard Bach’s *Jonathan Livingston Seagull*: “Break the chains of your thought, and you break the chains of your body, too.””



Seeing a Way Out



Patient Profile: Willard Traub

There is a huge difference between reacting and responding. Reacting is a knee jerk effect controlled by the non-logical portion of our brain. Responding is focused in the higher thinking centers, which send signals to the emotional centers to take control of fear or stress. Life does not just happen to us. It is our reaction or response to challenges that creates our personal reality.

In the spring of 2005, Willard Traub was diagnosed with blood cancer. His bleak prognosis led him to prepare for the possibility of death. However, later in that year, he received a life-saving bone marrow transplant. While it saved his life, he subsequently developed graft versus host disease (GVHD). Soon after Willard began to experience hallmark ocular symptoms, including light sensitivity, dry eyes and pain.

He responded by turning to photography as a source of support, healing and inspiration. “Photography was a way to hold on to what I was going through. It was my way of controlling the experience by getting some distance from it.”

When other treatment options gave him minimal respite from his symptoms, Willard came to Boston Foundation for Sight for PROSE treatment. The relief was “immediate.” As a photographer, sight is a particularly valued sense for Willard and the restoration of his vision with PROSE was critical to his quality of life, both professionally and personally. “It has been so gratifying to see Mr. Traub’s stamina return and his creative work post-transplant achieve public acclaim,” said BFS Medical Director Deborah S. Jacobs, MD.

Willard’s images, captured during his stay in the hospital and during the several years post-transplant, are reflective of the “simple pleasures” of life that are too often taken for granted. His “Recovery” series was on exhibit at the Danforth Museum of Art in Framingham, Massachusetts through the fall of 2011. Accompanying the series were poems that captured his eloquent reflections of life’s pain and beauty.

Willard’s photographs and poems tell the story of a journey in which he learned that it is possible to “come out better on the other end.” This powerful message is embedded in the last verse of his poem, “*The Healing Power of Light*”:

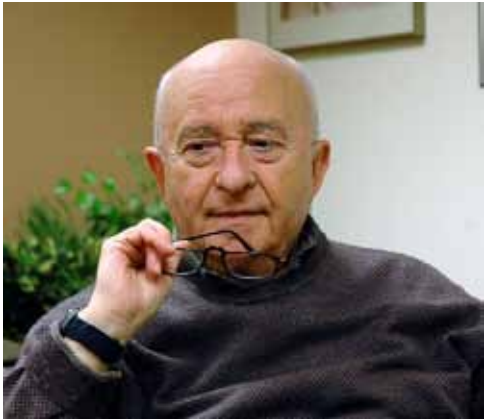
By looking into the light rather than hiding from it,
begin to find the “new you.”
A you who can see a way to get out of any hole
You find you’ve fallen into.



Dr. Karen Carrasquillo: “It humbles me when I meet patients like Will. People that have gone through so much, yet choose to be positive, patient, and kind. Will’s sensibility certainly helped him get through his experience with GVHD, expressing himself through art, but his kind spirit perhaps is his winning ticket in life. It was a pleasure being Will’s PROSE clinician and I’m thrilled PROSE is enabling him to reclaim his life.”

Learn more about Willard’s amazing work by [visiting his website](#) or [check out the catalog for Willard’s Recovery series here](#).

From Our Founder



“It is better to light one candle than to curse the darkness.” Although biblical in its resonance, bringing light to darkness is what we do for our patients every day. A heartfelt hug to you, the benefactors of BFS, from our patients, past and future, for lighting that candle and from the team at the foundation for giving us the privilege of carrying it.

- Dr. Perry Rosenthal

Our mailing address is:
Boston Foundation for Sight
464 Hillside Avenue, Suite 205
Needham, MA 02494

Web: www.bostonsight.org
Email: www.bostonsight.org/contact
Phone: 781-726-7337

Copyright © 2011 Boston Foundation for Sight. All rights reserved.