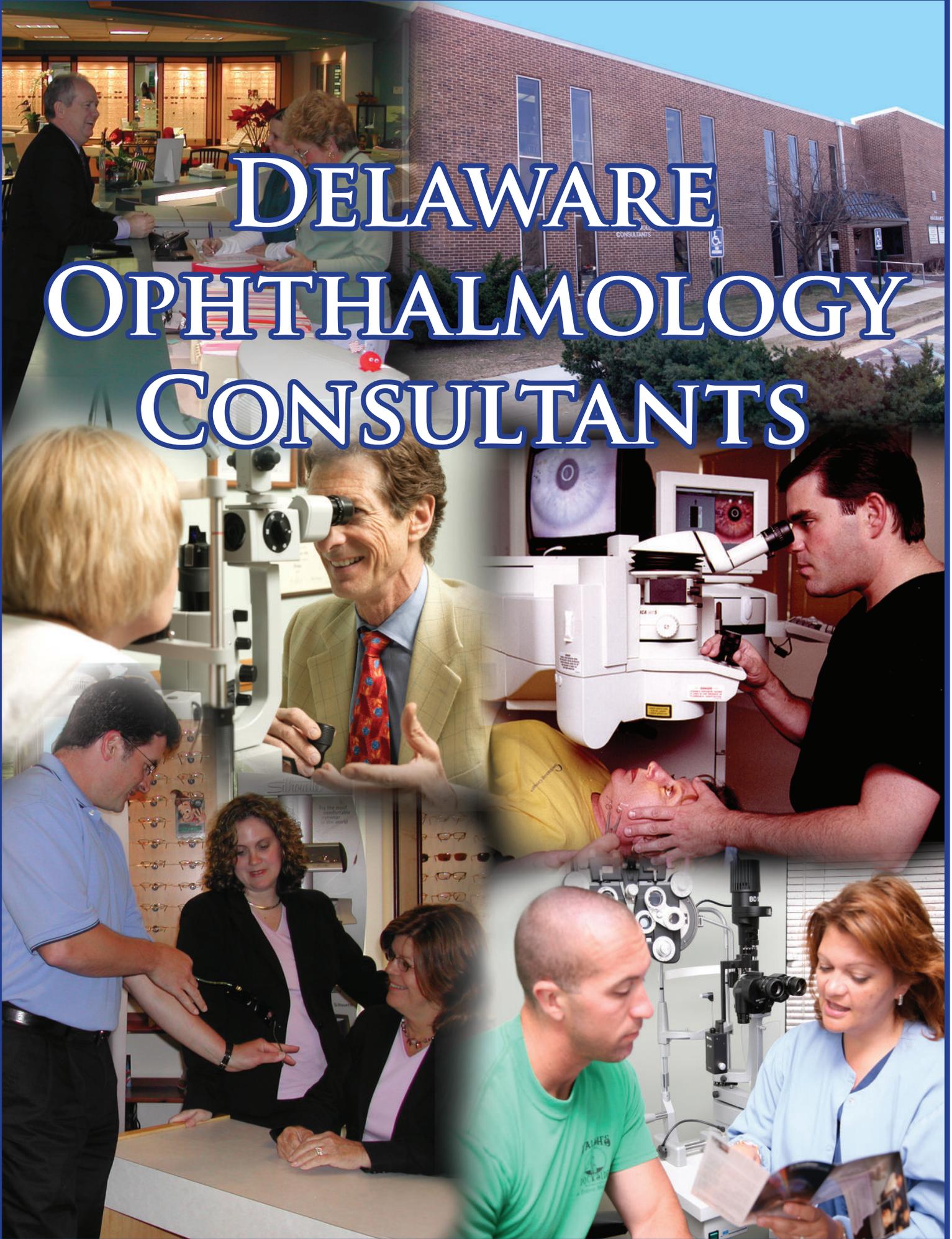


# DELAWARE OPHTHALMOLOGY CONSULTANTS



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## *A Brief History*

Over 60 years ago, Delawareans did not have an ophthalmology resource beyond the general care offered by local Eye, Ear, Nose and Throat doctors. Thanks to pediatrician Dr. Margaret Handy, Norman L. Cutler, M.D. became the state's first board-certified ophthalmologist in 1947.

As a result of Dr. Cutler's efforts and insights, his original practice continued to grow long after his retirement thanks to Robert Abel, Jr., M.D. and in 1980, became incorporated as Delaware Ophthalmology Consultants.

Today, nine ophthalmologists and four optometrists continue to provide comprehensive eye care through prevention, patient advocacy, community education and missionary medicine. Our support staff has grown to over 70 employees. DOC has three locations, three optical centers, and state-of-the-art facilities with highly-trained staff.

## *Our Commitment*

Delaware Ophthalmology Consultants is dedicated to providing the highest quality eye care in a compassionate and caring environment, with the preservation and enhancement of vision as our ultimate goal.

The focus of our practice is the whole individual, and prevention is our cornerstone. Through education and ongoing communication, we encourage our patients to be informed participants in their own eye care.

Our multispecialty group practices total eye care by implementing a team approach whenever necessary.

Delaware Ophthalmology Consultants will constantly strive to fight blindness through education, research and missionary medicine.

# *A Team United in the Excellence of Eye Care*

## **Robert Abel, Jr., M.D.**

Dr. Abel earned his medical degree at Jefferson Medical College in 1969, completed his ophthalmology residency at Mt. Sinai Hospital and was a Cornea Fellow at the University of Florida. A board-certified ophthalmologist, Dr. Abel is on the staff of the Christiana Care Health System. He is a former Clinical Professor of Ophthalmology at Thomas Jefferson University. He founded and has been Medical Director of the Medical Eye Bank of Delaware since 1981. He teaches locally and internationally on numerous subjects, including cornea, cataract and nutrition. He instructs the Cornea Microsurgery Workshops at the Academy of Ophthalmology meetings annually and has been on the Academy's Committee of International Ophthalmology. Dr. Abel has done active research on corneal transplants, corneal pathology, contact lenses and drugs as they relate to the eye. He holds two patents on artificial corneas and has received the AAO Honor Award and the Senior Honor Award. Dr. Abel is the author of the popular book, "The Eye Care Revolution," which teaches patients how to treat and reverse common vision problems. Other inquiries concerning eye care can also be found on his website, the "Eye Advisory." He was also voted "TOP DOC" by Delaware Today Magazine. In his spare time, he practices Tai-Chi, and studies alternative medicine systems.



## **Harry A. Lebowitz, M.D.**

Dr. Lebowitz earned his medical degree at George Washington University and received his ophthalmology training at Yale University School of Medicine. He completed additional specialty training in retinal vascular diseases at the Retina Center of Maryland. A board-certified ophthalmologist, Dr. Lebowitz was chairman of the Department of Ophthalmology for the Christiana Care Health System. He is on staff at Christiana Care Health System, Limestone Medical Center, and Temple Medical Center in addition to being on staff at Elmer Hospital in New Jersey. Dr. Lebowitz serves as Clinical Assistant Professor of Ophthalmology at Temple University School of Medicine and is an adjunct Professor of Ophthalmology at the Pennsylvania College of Optometry. He lectures extensively in the tri-state area on various health issues. A committed volunteer in the fight against world blindness, Dr. Lebowitz has donated his surgical services in Vietnam, El Salvador, Senegal, Mauritania and the Caribbean Islands. Dr. Lebowitz's areas of expertise include no needle/no stitch cataract surgery and the diagnosis and treatment of diseases of the retina and vitreous, especially diabetes and macular degeneration. An avid fly-fisherman and computer-phile, he enjoys adventures with his wife and daughter.



## **Gordon A. Bussard, M.D.**

Dr. Bussard earned his medical degree at the University of Virginia Medical School in 1969 and completed his ophthalmology residency there in 1973. A board-certified ophthalmologist, Dr. Bussard established his private practice in Wilmington in 1973. He is associated with the Christiana Care Health System. In 1976, he implanted the first intraocular lens in Wilmington. Dr. Bussard specializes in no needle/no stitch cataract surgery and laser surgery.



## **Andrew M. Barrett, M.D.**

Dr. Barrett earned his undergraduate and medical degrees at the University of Pennsylvania. He completed his ophthalmology residency at Maryland General Hospital, followed by a fellowship in cornea and refractive surgery at the Bethesda Eye Institute, St. Louis University. A board-certified ophthalmologist, Dr. Barrett has lectured on keratorefractive surgery, cataracts, and corneal diseases. He has served as a research consultant to several ophthalmic technology firms and has published on refractive surgery. Dr. Barrett believes that each patient has specific and unique eye care needs. He offers individualized services ranging from primary eye care to performing state-of-the-art laser vision correction for nearsightedness, farsightedness and astigmatism. Dr. Barrett's specialties include no needle/no stitch cataract and implant surgery, laser refractive surgery, corneal transplantation, oculoplastic surgery, and medical and surgical treatment of glaucoma. Dr. Barrett is affiliated with Christiana Care Health System, Limestone Medical Center, and Elmer Hospital in New Jersey. Dr. Barrett was also voted "TOP DOC" by Delaware Today Magazine. In his leisure time, Dr. Barrett enjoys traveling, collecting art and antiques, playing piano, and spending time with his wife and children.



## **Ralph S. Milner, M.D.**

Dr. Milner earned his medical degree at Temple University School of Medicine and attended both a pediatric residency and internship at Children's Memorial Hospital at Northwestern University. He then completed his ophthalmology residency at Temple University Hospital, followed by a pediatric ophthalmology fellowship at Wills Eye Hospital, Fight for Sight department. A board-certified ophthalmologist, Dr. Milner is past chief of the ophthalmology section at DuPont Hospital for Children and past chairman of the Department of Ophthalmology for the Christiana Care Health System. He is on staff at Christiana Care Health System, St. Francis, Wills Eye and St. Christopher's Hospital for Children. He is also a consultant for Crozer Chester Hospital and the Bayhealth Medical Center. Dr. Milner brings over 20 years experience as an eye physician, surgeon and pediatric ophthalmologist to Delaware Ophthalmology Consultants. He has earned the distinction of being Delaware's most experienced pediatric ophthalmologist. He was voted "TOP DOC" by Delaware Today Magazine.



## **Sagun Pendse, M.D.**

Dr. Pendse provides comprehensive eye care and performs cataract and laser surgery. He received his Bachelor of Science degree in Engineering from the University of Pennsylvania. As a graduate of Temple University School of Medicine, he was selected to the Alpha Omega Alpha Medical Honor Society. He completed his ophthalmology residency at Wills Eye Hospital where he served as Co-Chief Resident during his final year.



## **Arunan Sivalingam M.D.**

Dr. Sivalingam provides comprehensive evaluation and treatment to patients with retinal-vascular disorders and macular diseases as well as surgical management of vitreous and/or retina disorders. Dr. Arunan Sivalingam received his Bachelor of Science degree from Franklin and Marshall College and his medical degree from the University of Medicine and Dentistry of New Jersey, Rutgers Medical School. His internship was completed at Thomas Jefferson University Hospital where he earned the recognition of Co-Chief Resident. He then completed a fellowship in retinal diseases at Wills Eye Hospital. Dr. Sivalingam has written numerous publications in addition to presenting both nationally and internationally on various ophthalmic subjects. Dr. Sivalingam currently enjoys membership in the American Academy of Ophthalmology, American Medical Association, Delaware & Pennsylvania Academies of Ophthalmology, Medical Society of Delaware, Ophthalmic Club of Philadelphia and the Vitreous Society, among others. In addition to being an instructor at Jefferson Medical College of Thomas Jefferson University Hospital, he is associated with the Christiana Care Health System and Wills Eye Hospital, as well as other local area hospitals.



## **Jonathan S. Myers, M.D.**

Dr. Myers earned his medical degree at the University of Pennsylvania School of Medicine in 1992, served as Co-Chief Resident in Ophthalmology at Wills Eye Hospital, and was a Glaucoma Fellow at the Duke University Eye Center in 1997. He received the James S. Shipman Award for the best scientific presentation at the Wills Conference in 1996. A board-certified ophthalmologist, Dr. Myers is Assistant Attending Surgeon on the Glaucoma Service at Wills Eye Hospital. He is also an Assistant Professor of Ophthalmology at Jefferson Medical College. A respected lecturer on glaucoma diagnosis and management, Dr. Myers has also published extensively in that field. Dr. Myers has a private practice in Philadelphia at Wills Eye Hospital, in addition to being a staff member of Delaware Ophthalmology Consultants.



## **Jason Hsu, M.D.**

Dr. Hsu provides comprehensive evaluation and treatment of retinal-vascular and macular diseases as well as surgical management of retinal-vitreous disorders. Dr. Jason Hsu earned his Bachelor of Science and Engineering degree from Princeton University and his medical degree from the University of Pennsylvania, where he was elected to the Alpha Omega Alpha Medical Honor Society. He completed his ophthalmology residency at the University of Pennsylvania Scheie Eye Institute, and a vitreoretinal surgical fellowship at Wills Eye Hospital. A board-certified ophthalmologist, he is on staff at Wills Eye, Thomas Jefferson, St. Francis, Virtua, and Bryn Mawr Hospitals. Dr. Hsu serves as Clinical Instructor at Thomas Jefferson University and Wills Eye Institute. He is actively doing research on vitreoretinal surgical techniques and has published multiple articles on retinal vascular and inflammatory diseases.



## **Sonja P. Biddle, O.D.**

Dr. Biddle graduated with a Bachelor of Science from Indiana University and went on to receive her Doctor of Optometry from the Indiana University School of Optometry. She then completed a contact lens residency at the University of Missouri-St. Louis School of Optometry. Dr. Biddle has earned optometric awards and honors including the Sola/Barnes Hind Student Recognition Award and is a member of Beta Sigma Kappa, the International Optometric Honor Fraternity. She has authored several publications on contact lens technology and has participated in various contact lens clinical investigations. She has numerous Optometric Association affiliations, along with holding offices on the Delaware State Board of Examiners in Optometry, the Gas Permeable Lens Institute, and the Smyrna Lions Club. When away from the office, Dr. Biddle enjoys spending time with her husband and children.



## **Ronald G. Young, O.D.**

Dr. Young is a board-certified doctor of optometry. He was born and raised in Ontario, Canada where he received his Bachelor of Science from the University of Guelph. Subsequently, he earned his Doctor of Optometry from the Pennsylvania College of Optometry in Philadelphia. He brings with him seven years of clinical experience in comprehensive eye care, as well as extensive knowledge of laser vision correction and contact lens fittings. When Dr. Young is not seeing patients, he enjoys spending time with his wife and two sons.



## **Jean M. Stewart, O.D.**

Dr. Stewart is a board-certified doctor of optometry. She received her Bachelor of Science Degree from Eckerd College in St. Petersburg, Florida, and subsequently, earned her Doctor of Optometry from the Southern College of Optometry in Tennessee. She brings with her thirteen years of clinical experience in comprehensive eye care, as well as extensive knowledge of contact lenses.



## **Jean A. Astorino, O.D.**

Dr. Astorino graduated from the Pennsylvania College of Optometry and completed her residency in Low Vision Rehabilitation at the William Feinbloom Vision Rehabilitation Center. She has practiced low vision at Wills Eye, Lankenau, and Crozer Chester Hospitals in the Philadelphia area, as well as Pittsburg. Dr. Astorino's training and experience in the field has taught her that the most successful approach to low vision is low vision doctors working in conjunction with low vision occupational therapy.



# Comprehensive Eye Care Services

## Primary Services

### Preventive Eye Care

Recommendations for preventive eye care and nutritional information specific to the eyes — a cornerstone to maintaining good vision.

*Specialist: Robert Abel Jr., MD*

### Retina

Comprehensive evaluation and treatment of retinal vascular disorders and macular diseases as well as surgical management of disorders of the vitreous and/or retina. Specializing in hypertensive and diabetic retinopathy, macular degeneration, macular holes and retinal detachment. State-of-the-art services include stereophotography, angiography, laser surgery and vitreoretinal surgery techniques.

*Specialists: Harry Lebowitz, MD, Arunan Sivalingam, MD, Jason Hsu, MD*

### Macular Degeneration Treatment

Lucentis offers hope to patients with the most severe form of advanced macular degeneration. Vision loss can be halted 95% of the time, and often improved.

*Specialists: Harry Lebowitz, MD, Arunan Sivalingam, MD, Jason Hsu, MD*

### Cataract

Evaluation and management of cataracts including small incision cataract surgery with intraocular implant (no-stitch, no-needle, no-patch techniques), and presbyopia and astigmatism correction.

*Specialists: Robert Abel Jr., MD, Harry Lebowitz, MD, Gordon Bussard, MD, Andrew Barrett, MD, Ralph S. Milner, MD, Sagun Pendse, MD*

### Cornea

Medical and surgical evaluation and management of corneal and external disease problems including corneal transplantation, computerized corneal topography analysis, and diseases prior to refractive surgery.

*Specialists: Robert Abel Jr., MD, Andrew Barrett, MD*

### Oculoplastics

Surgical management of skin and eyelid conditions from aging, congenital deformities and trauma.

*Specialists: Andrew Barrett, MD, Ralph S. Milner, MD, Sagun Pendse, MD*

## **Refractive Procedures**

Surgical reduction of myopia and astigmatism. Services offered include Photorefractive Keratectomy (PRK) using the Excimer Laser, Radial Keratotomy (RK), and Laser In-Situ Keratomileusis (LASIK). RK is performed in our on-site microsurgery suite. Traditional and CustomVue Wavefront-guided LASIK Procedures.

*Specialist: Andrew Barrett, MD*

## **Glaucoma**

Consultations and long-term care for all forms of glaucoma, including medical, laser and surgical treatment. Computerized visual field analysis and stereoretinal fundus photography are available in-house.

*Specialist: Jonathan S. Myers, MD*

## **Geriatric**

Evaluation and management of age-related eye disorders.

*Specialists: Robert Abel Jr., MD, Harry Lebowitz, MD, Gordon Bussard, MD,  
Andrew Barrett, MD, Sagun Pendse, MD*

## **Pediatric Ophthalmology**

Full range of eye care services for infants, children and young adults, including pediatric eye surgery.

*Specialist: Ralph S. Milner, MD*

## **Routine Eye Exams**

Comprehensive eye care and diagnostic evaluation of general ophthalmic problems.

*Specialists: Gordon A. Bussard, MD, Andrew Barrett, MD, Sagun Pendse, MD, Sonja P. Biddle, OD  
Ronald G. Young, OD, Jean M. Stewart, OD*

## **Low Vision Services**

Treatment for patients whose vision cannot be further improved by a change in regular glasses or contact lenses.

*Specialist: Jean A Astorino, OD*

## **Optical and Contact Lens Services**

Optical centers with a full range of services. Contact Lens fittings and the latest lenses available.

*Specialists: Sonja P. Biddle, OD, Ronald G. Young, OD, Jean M. Stewart, OD*

# *Comprehensive Eye Care Services*

## **Secondary Services**

### **Visual Field Testing/Interpretation**

Automated and manual visual field testing for systemic and ophthalmic applications. Interpretation of results is available. Computer storage is used for comparison with future evaluations.

### **Ophthalmic Photography**

Retinal fluorescein angiography, color and stereoretinal fundus photography, corneal endothelial cell photography and photo slit lamp biomicroscopy are performed. On-site film processing facilities allow same day film development.

### **Corneal Topography**

Topographic corneal analysis is done for diagnosis and management of corneal dystrophies, degenerations and diseases.

### **Ophthalmic Echography**

Ultrasound technology is used for evaluation of intraocular and orbital pathology and for pre-surgical testing.

### **Emergency Eye Care**

Emergency eye care is available for 24 hours a day, weekends and holidays.

### **Surgical Counseling**

Counseling is provided by certified ophthalmic personnel for patients considering surgery. These sessions help allay apprehension and provide guidance. It also involves assistance in arranging necessary pre-operative tests.

### **Community Education**

Seminars for physicians, health care personnel, corporate and civic groups are offered on such topics as preventive eye care and ophthalmic diseases. Vision screening programs are available to residential health care facility personnel, hospital residents, corporate and civic groups on preventive eye care and ophthalmic diseases.

### **Glaucoma Screenings**

Glaucoma screenings are conducted by certified ophthalmic assistants at community centers and health fairs upon request.

# *DOC Optical Center*

## **General Services**

As part of the Optical Center's full service capabilities, patients enjoy:

- Fulfillment of any eyeglass prescription
- Lens tinting available on the premises
- Scratch resistant coating on plastic lenses
- Personalized attention for selection of eyewear
- Lifetime adjustments of eyewear at no additional charge
- Complimentary cleanings at any time



## **Our Goal**

Providing the highest level of patient care with compassion, honesty and friendliness in a professional & cost-effective environment is our goal. Our focus is providing the latest technologically advanced eyewear to enhance the vision of our patients. We will promote eye health & safety through our knowledgeable, experienced staff.

We will strive to achieve 100% satisfaction with every patient purchase.

Come visit the Optical Center at our Silverside, Limestone or Middletown locations!

**(302) 477-2626**

# *Practice Information*

## **Locations**

### **Concord Plaza**

Naamans Building  
3501 Silverside Road  
Wilmington, DE 19810

#### *Hours*

*Monday through Thursdays 8:30am to 5:00pm*

*Fridays from 8:30am to 3:00pm*

*Wednesday evening hours are available.*

### **Limestone Medical Center**

Suite 120  
1941 Limestone Road  
Wilmington, DE 19808

#### *Hours*

*Monday through Thursdays 8:30am to 5:00pm*

*Fridays from 8:30am to 3:00pm*

### **Blue Heron Pavilion**

Suite 100  
272 Carter Drive  
Middletown, DE 19709

#### *Hours*

*Monday through Thursdays 8:30am to 4:00pm*

*Fridays from 8:30am to 2:00pm*

## Insurance Providers

AARP *	DE Physicians Care	Penn Vision *
Aetna *	Eye Care America	Personal Choice
Alliance	EyeMed *	PHCS
Americhoice	First Health	South Jersey PPO
Amerihealth	Health Net	Spectera
BC BS of DE	Keystone	Sterling Option One *
BC BS of PA	Mamsi/UHC	Superior Vision *
Carefirst	Medicaid DE/NJ	Tricare
CCN	Medicare DE/PA/NJ *	VBA *
Champus/Tricare	Multiplan	VSP *
CHAP	NJ Horizon	Vueflex *
Cigna	Optichoice *	
Clarity *	Optimum Choice	<i>* Insurances DOC</i>
Coventry	Oxford	<i>Optical Accepts</i>

## Contacting Us

To schedule an appointment or for more information, call  
Delaware Ophthalmology Consultants at  
**302-479-EYES [3937]**  
or TOLL-FREE  
**1-800-541-1989.**

If you are interested in a refractive procedure, such as LASIK or CK, contact our Refractive Coordinator, Sandy Fasano, at 302-477-2616.

If your corporation is interested in having DOC participate in a health fair, perform glaucoma screenings, vision testing or have one of our doctors participate in a lecture, contact our marketing department at 302-477-2628.

Have a question you want to ask us?  
E-mail us at [questions@delawareeyes.com](mailto:questions@delawareeyes.com).

Visit us on the web at: [www.delawareeyes.com](http://www.delawareeyes.com).