

I came to see Dr. Cohen for the first time in May 2013 for having high eye pressure. I was being followed by another doctor for the past 10 years. I started having high pressure in my eyes about 5 years ago. Every so often, I would go for visual fields or have pictures taken of my eyes. My previous doctor told me I was fine, since my optic nerves and everything else was normal, I didn't need to do anything for the time being since the pressure is always "stable". I decided to ask my family doctor to refer me to someone regarding this. He told me about Dr. Cohen. I immediately made an appointment and seen Dr. Cohen a week later.

On my first visit, I explained my situation to Dr. Cohen, while he took note of everything. He told me first off, it is very odd to see someone of my age here for high pressure/ glaucoma (I am 37 years old), especially since I have no family history of it. He asked me a few questions, one of them being what medication I was on. The minute I told him I was taking Rhinocort Aqua, a nasal spray, he looked at me and told me to immediately stop using it. He told me that the cortisone/steroid in it can cause high eye pressure in patients eventually leading to glaucoma. I couldn't believe it! He said stop using it and come back to see me in 4 weeks and we will check your pressure again. I did as Dr. Cohen requested and returned 4 weeks later. Guess what?! My pressure was normal!!! Unbelievable!

Today, 6 months later, I came to see Dr. Cohen and once again, my pressure was normal. He told me I have very healthy eyes. It is so sad to think that someone so young with such healthy eyes could eventually go blind simply by using a nasal spray! I will continue to see Dr. Cohen once a year to be sure everything is alright. I am so happy I decided to seek another opinion and extremely happy to be seeing Dr. Cohen.

Dr. Cohen, thank you so much for your expertise and great knowledge in your field...if I hadn't come to see you, I'd still be using the nasal spray AND my vision would continue to deteriorate.

Forever grateful,

LB