



RETIRED MEN'S ASSOCIATION OF GREENWICH, Inc. (RMA)
Invites you to its meeting, December 6, 2023 at 11 am at
First Presbyterian Church, 1 West Putnam Ave., Greenwich, CT.
The program will also be shown on Webinar: <https://bit.ly/30IBj21>

Cynthia J. MacKay, MD

“What You Need to Know about Your Cataract”



Dr. Cynthia MacKay will speak about cataracts - the number one cause of blindness in the world - and cataract extraction, which is the most common surgical procedure in medicine. If you live long enough, you will develop a cataract.

She will explain what a cataract is, what causes cataracts, how you will know if you have a cataract, how you can prevent cataracts, how surgeons remove cataracts, and when it is time for you to schedule surgery. She will give advice on how to choose the power of your new plastic replacement lens and whether you should opt for an expensive “specialty” lens. You will watch a video of cataract surgery performed using the latest surgical technique.

Dr. MacKay is a board-certified ophthalmologist, with comprehensive training in all aspects of eye care, and with special expertise in diseases of the retina and eye laser surgery. She is Clinical Professor of Ophthalmology, Columbia University College of Physicians and Surgeons (Emeritus). Doctor MacKay retired in August 2018 after 40 years of ophthalmology practice in Manhattan.

Her formal training and education: Harvard University: BA, 1964; State University of New York, Downstate Health Sciences Center Medical School, 1973-1977; Lenox Hill Hospital: Internship in Medicine, 1977-1978; New York Presbyterian Hospital/Columbia University Medical Center: Residency in Ophthalmology, 1978-1981; New York Presbyterian Hospital/Columbia University Medical Center and Bellevue Hospital: Fellowship in Retina, 1981-1982.

Our next speaker, on December 13, will be Ryan Fazio, Connecticut State Senator, on “Will the Lights Go Out in New England? The Future of the Electric Grid – and Your Electric Bill.”

*The Greenwich Retired Men's Association offers a free program every Wednesday that is open to the public, both men and women; no reservations are required. Our social break starts at **10:40 am** followed promptly by our presentation at **11:00 am**. Programs are at the First Presbyterian Church, 1 West Putnam Ave. in Greenwich. For additional information see www.greenwichrma.org.*