

Preventive Eye Care

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As an optometrist my job is to diagnose and treat vision and eye health disorders. But I also believe it is my duty to discuss treatment options and ways to prevent disorders with my patients. This is what is meant by **Preventive Eye Care** – doing what we can to prevent vision and eye health disorders – protecting the eyes before it is too late, especially in people who are at higher risk for losing vision. Even though treating eye disorders is how I make my living, I would rather help my patients prevent disorders that cause blindness than have them wait to be treated until after damage has occurred. Once damage occurs it is usually irreversible and all we can do from this point forward is to try to stop or slow down the damage from worsening.

The most common degenerative eye disorders we deal with are **Cataracts, Glaucoma, Macular Degeneration** and **Diabetic Retinopathy** (Diabetics are at higher risk of developing all of these). So below I want to briefly explain each disorder. Also I want to offer *articles* to you which explain how you may prevent, or lower your risk, or maybe even reverse the damage caused by these disorders. (See the articles: *“Preventing Vision Loss from Common Eye Disorders”* and *“Common Eye Disorders – Treatment Plans”*)

Cataracts – a clouding and/or discoloration of the crystalline lens behind the iris of the eye causing constant blurred vision until they are ready to be surgically removed. (See the articles: *“The Health Benefits of Fruits & Vegetables – Cataracts”* and *“Cataracts – What are They and How Treated?”*)

Glaucoma – a slow gradual painless deterioration of retinal nerves due to high pressure in the eye and weak retinal nerves. It causes a permanent loss of vision – peripheral vision first then central vision.

Macular Degeneration – a gradual permanent loss of central vision as the retinal nerves degenerate. There is no surgical or medical treatment options except for injections into the eyeball every few months to slow it down, so preventative efforts are very important. (See the article: *“Reduce Your Risk of Vision Loss from Macular Degeneration”*)

Diabetic Retinopathy – Diabetes causes weak and leaky blood vessels which can hemorrhage in the retina causing scarring and blindness. Keeping your blood sugar controlled greatly reduces your risk for this to happen. (See the article: *“Juice Plus+ Information for Diabetes”*)

The above articles and several others about **Nutrition and Prevention** are available as handouts and on the “Wellness” tab at www.BiblicalReliability.com. See our handout *“Preventive Eye Care – Articles and Handouts”* for a list of several of these articles with a brief description of them. They discuss topics as: **Nutrition; Healthy Foods; Vitamin/Mineral Supplements; Antioxidants; Effects of Smoking; Nutritional Effects on High Blood Pressure, and Cancer; Nutrition in Sports & Fitness, ADHD** and even **Pregnancy**.

We also have information on a Whole Food Nutritional Supplement called **Juice Plus+**. It is an excellent product which supplies thousands of plant nutrients to our bodies to help them function properly. There is even an excellent program for children. For more information visit BrooksHarris.JuicePlus.com. For much more information about **Juice Plus+**, see the articles *“Juice Plus Tips – The Next Best Thing To Fruits and Vegetables”* (Tips on how to take Juice Plus+), *“Juice Plus – Using the Entire Program”* (Explains how all their nutritional products help our body), *“Prescription for Better Health”* (Briefly explains how to live a healthy life).