

SIGHT for life

Issue 13

{ INSIDE }

2



Eyelash extensions pose hazard to the eyes



3 **Doctors step away from high risk surgeries to avoid bad report cards**

4

Why is FDA Pushing Selenium for Babies?



Can Pot Control Glaucoma?

Medical marijuana has been touted in some circles as a treatment for glaucoma. However, ophthalmologists and eye surgeons who treat glaucoma do not recommend marijuana as a therapy for the disease.

There is no scientific evidence that marijuana is an effective long-term treatment and especially when it is compared to the conventional methods of treatment, which do have a proven benefit.

Proponents of the drug's use point to its ability to lower intraocular pressure but that effect only lasts a few hours whereas the prescriptions available to treat glaucoma lower the pressure for a much longer period of time.

Medical marijuana lowers blood pressure

which in turn can lessen the flow of blood to the optic nerve which will actually increase the risk of glaucoma-related blindness.

The risk of developing macular degeneration is increased two to three times whenever you smoke anything including tobacco and marijuana.

The long-term use of marijuana has a profound impact on memory and causes impaired coordination and cognition which can impair everyday activities.

Glaucoma patients who are considering the use of medical marijuana for the condition need to consult with their ophthalmologists to get the facts and find out the best options available for their condition.



{The latest **SCIENCE!**}

Eyelash extensions pose hazard to the eyes



Consumers looking to enhance their eyes with eyelash extensions should be aware of the risks of using these cosmetic accessories. The American Academy of Ophthalmology has issued recommendations as well as warnings in regards to eyelash extensions.

When considering eyelash extensions, consumers should

confirm that the aesthetician is certified and working in a reputable salon. The aesthetician should also practice appropriate hand washing and proper hygiene. These safety practices can lessen the chance of infection.

Many consumers have allergic reactions to formaldehyde-based adhesives that are associated

with eyelash extensions. In addition, the adhesives can cause an infection of the cornea or eyelid as well as swelling of the eyelid and either a permanent or temporary loss of eyelashes. People experiencing any symptoms after having eyelash extensions applied should seek medical attention immediately.



Doctors step away from high risk surgeries to avoid bad report cards

Like the road that gets doubly filled with traffic when electronic signage informs them that it is the less trafficked route, doctor and hospital report cards intended to help patients find lower risk facilities for heart surgery has unintended outcomes.

An article in *The New York Times* describes how some of the most talented doctors are avoiding operating on high risk patients in order to keep their report card grades high. It is yet another disturbing trend how “helpful” required governmental information can change behavior for the worse.



PO Box 1128
Huntington NY 11743
Toll-Free: 1-800-427-7660

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{The latest **SCIENCE!**

Why is FDA Pushing Selenium for Babies?

The FDA announced last month that selenium is now on the list of required nutrients for infant formula. Minimum and maximum levels of selenium have been established for infant formula as well. While selenium has been included in infant formulas manufactured in the U.S. since 1989, the new regulations require manufacturers marketing formula in the U.S. as well as manufacturers entering the U.S. market to include selenium within the safe range guidelines.

Selenium is well known for its many health benefits. It plays an important role in the body's defense against oxidative stress and regulates thyroid hormones. Selenium has also been found to help lower the risk of prostate cancer in men.

Recognizing the health benefits of selenium and its strength as an antioxidant, VisiVite includes selenium in two of its formulas: VisiVite AREDS2 plus Gold and VisiVite E-Free Blue Formula.

