

SIGHT for life

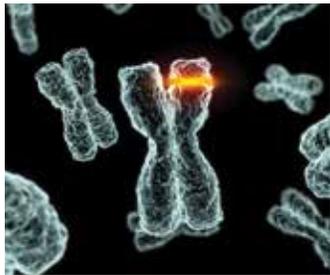
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Does watching movies help children with lazy eye?

A new study published in the Journal of the American Association for Pediatric Ophthalmology and Strabismus sheds light on a potential new therapy to treat amblyopia, otherwise known as “lazy eye”. Children affected by amblyopia have a harder time in school due to issues with reading a blackboard, finishing schoolwork or even taking part in physical education.

Researchers presented children ages 4-8 with different images to each eye in order to train both eyes at the same time. The study took place over two weeks with each child being shown three popular animated movies each week. Both eyes were partially blocked with irregular

shapes so that each eye saw different parts of the television screen. Because the eyes were forced to “fill in the blanks” they were strengthened and trained to work together.

At the end of the study, the children read eye charts to measure how many lines they could read and the improvement was dramatic. Visual acuity was improved by one to four lines with just six sessions of this therapy, known as “dichoptic movie viewing.” The success with this study along with a similar study in a clinical trial last year makes researchers hopeful that dichoptic feature films could be a useful as a potential therapy for treating amblyopia.



Proper application of eyedrops important

Whether you are using prescription eyedrops or those found over-the-counter, knowing how to use them properly is important. Using the proper technique and the correct dosage is important for your eye health. Below are some helpful tips.

1. One drop at a time: Your eye only has the capacity to hold on to one drop at a time. Anything over that is going to end up rolling down your cheek. So if your instructions call for three drops be sure and take your time between drops to give your eye the chance to absorb each drop.

2. Give yourself some space: If you're using more than one eyedrop medication, don't administer them all at the same time. Give yourself 30 minutes between prescription and non-prescription medicines. If you are uncertain about proper administration of different eyedrops, consult your eye care provider.

3. Keep an eye on the expiration date: Always be mindful of the expiration date of eyedrops. If a medication



has expired, consult your doctor before using.

4. Check the label: Keeping in line with the previous tip, always check the label of drops before administering. Confusing ear drops or something else for eye drops can have critical consequences for your eyesight.

5. It's all in the technique: There is a proper way to instill eyedrops. Don't aim the drop to the inner corner of the eye; aim for the outer corner and if you wear contacts, remove

them first because they can interfere with the absorption of the medication. Don't blink excessively once administered because this actually forces the medicine out of the eye. Closing the eye for a minute is best if you have a hard time refraining from blinking.

Following these five simple tips can make your experience administering eyedrops a pleasant and safe one. If you have any questions or concerns about using eyedrops whether prescription or over-the-counter, always consult your eye care provider.

New genetic links discovered for macular degeneration

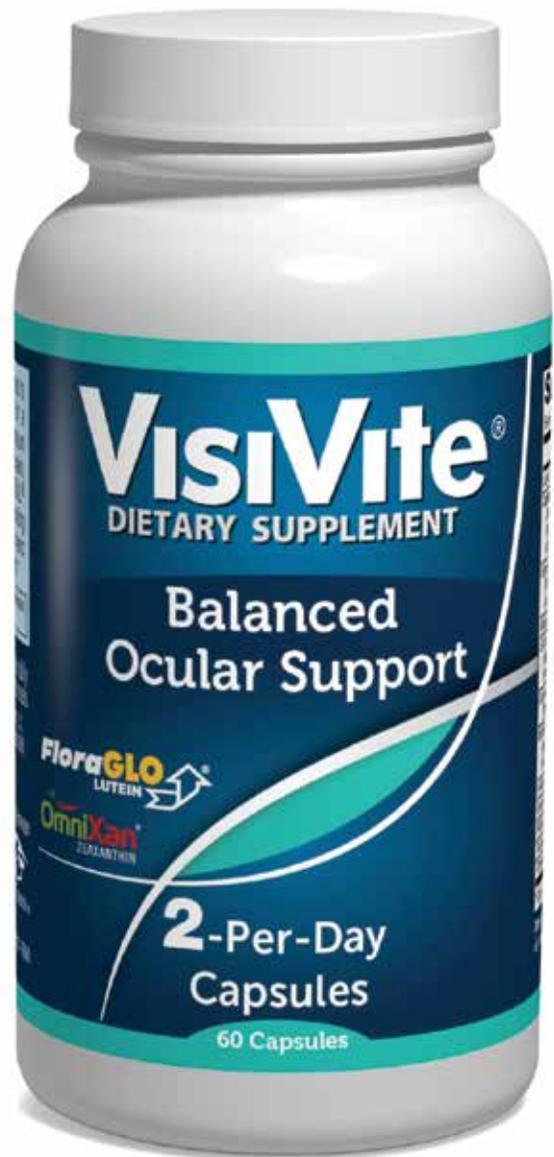
A recent study conducted by the University of Pittsburgh revealed 13 new genetic locations on a chromosome linked to macular degeneration. This revelation brings the total known genetic regions to 34.

There are many unknown factors surrounding age-related macular degeneration. This discovery of additional genetic links will hopefully allow researchers to develop new therapies that are more effective than current treatments.

Characterizing each of the genetic risk factors will be the next step in the research process. This will allow researchers to understand how the risk factors work together and shed more light on how

macular degeneration develops and progresses.

Because of the newly understood risks of genetics and macular degeneration, family members should strongly consider taking a nutritional supplement. We recommend VisiVite Balanced Ocular Support or VisiVite AREDS 2 White Formula, both of which do not contain zinc.





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{*The latest* **SCIENCE!**}

Statin drugs for cholesterol may help macular degeneration

Study results from a phase I/II clinical trial at the Massachusetts Eye and Ear Infirmary of Harvard University evaluating the efficacy of statins as a treatment for patients with the dry form of macular degeneration offer hope for those suffering from the disease. High doses of atorvastatin lessened the number of drusen deposits within the eye and prevented the onset of neovascular AMD.

The clinical study involved 26 patients diagnosed with the dry form of macular degeneration and who had several large, soft drusen deposits. At the end of a twelve month follow-up period, twenty-three participants had fewer drusen and gained +3.3 letters in visual acuity and none of them progressed to the wet form of the disease.

These initial findings seem to affirm the correlation between lipids, macular degeneration and atherosclerosis. Larger studies will be needed to confirm the study results.

