



PRESS RELEASE

TO: Editor in Charge

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FOR IMMEDIATE RELEASE

Saving Vision One Step at a Time

The American Academy of Ophthalmology Wants Everyone to Take Simple Steps to Preserve Healthy Vision that Will Last a Lifetime

(Honolulu, Hawaii), February 20, 2009 – It is estimated that 43 million Americans will be at risk for vision loss or blindness due to age-related eye diseases by the year 2020. By following a few simple tips, it is possible to avoid vision loss from a variety of eye diseases, and maintain healthy vision. The American Academy of Ophthalmology designates February as Save Your Vision Month in efforts to promote the importance of keeping eyes in good condition.

“Eye diseases such as cataract and glaucoma are more common as we age,” said Christopher Tortora, M.D., Medical Director of the Hawaiian Eye Center in Wahiawa. “Anyone over the age of 40 should visit an eye professional regularly since symptoms for serious eye illness are not always noticeable.”

Computers are now a major part of everyday life, and they are also a cause of severe eye strain. 88% of Americans suffer from eye strain from staring at computers for a long period of time. Known as Computer Vision Syndrome (CVS), symptoms include blurred vision, headaches, loss of focus, and neck and shoulder pain. Burning, tired, or dry eyes do occur as well.

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The key to preventing CVS is to give the eyes sporadic breaks throughout the day. After spending ten minutes in front of the screen, look up or away and blink and focus on anything ten feet away for a minimum of ten seconds. This is known as the “10-10-10 Rule.” In addition, if needed, an eye care professional can provide special glasses designed specifically for computer use that help in alleviating eye strain.

Leading a healthy lifestyle can help your vision. Eating a balanced diet rich in fruits and vegetables may help protect eyes from certain eye diseases. Also, relaxing the eyes by getting a good night’s rest is a good idea.

“Saving your vision and protecting your eyes is a lifetime commitment,” said Dr. Tortora. “Realizing possible risks, taking simple precautions, and conducting regular visits to your eye care professional will help to preserve healthy vision for years to come.”

Dr. Tortora, a board certified ophthalmologist, is host of “The Hawaiian Eye Show,” a weekly informational radio program about healthy vision. He and his colleagues at Hawaiian Eye Center are committed to educating the public about the importance of preventative eye care. To learn more about a variety of eye health issues, please call the Hawaiian Eye Center at 621-8488 where “*life has never looked better.*”

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