



PRESS RELEASE

TO: Editor in Charge
CONTACT: Janet Scheffer/Brandin Shim
Mana Means Communications, (808) 521-1160
DATE: June 10, 2014

FOR IMMEDIATE RELEASE

Recipe Attached



Cataracts in Focus

(Honolulu, Hawaii), June 10, 2014 – Cataracts affect nearly 24.5 million Americans—with almost 115,000 in Hawaii alone—according to Prevent Blindness America and the National Eye Institute. Many people are unaware or misinformed on the causes, signs and treatments of this fairly common eye disease. The American Academy of Ophthalmology has designated June Cataract Awareness Month to remind people at risk to get regular eye exams and to be aware of the symptoms.

“A cataract is when the normally clear lens of the eye starts to become cloudy, blocking and distorting light necessary for the retina to process images,” said Dr. Christopher Tortora, M.D., medical director of the Hawaiian Eye Center and Dry Eye Clinic. “Cataracts are a natural process of aging, but some risk factors include exposure to ultraviolet light, diet, smoking, diabetes, use of some steroid medications, and serious eye injuries. The disease usually worsens over time and can lead to blindness if not treated.”

Fortunately, cataracts are treatable in most cases. If you are 40 and over, you should have a comprehensive dilated eye exam every two to three years from your eye care professional. If you are 40 and over with other risk factors or 60 and over, you should get an eye exam once a year. Signs of cataracts include blurred vision, sensitivity to light, fading or yellowing of colors, poor night vision, sensitivity to glare, and seeing a halo around bright lights.

-continued-

Cataract surgery is one of the most common operations performed in the U.S. and has a very high success rate. There are various treatment options for cataracts, but the general process involves removing the clouded lens of the eye and replacing it with an artificial lens implant. Modern cataract surgery can usually be upgraded to include vision correction to reduce dependency on glasses and contacts for those with vision impairments near, far and in between. Surgery is typically outpatient with very little pain or discomfort reported.

“Preventative measures and an early diagnosis can make a huge difference when it comes to cataracts,” said Dr. Tortora. “Speak with your doctor and make sure you know the signs.”

Dr. Christopher Tortora, a board certified ophthalmologist, is host of “The Hawaiian Eye Show,” a weekly informational radio program about healthy vision broadcast live every Saturday at 8 a.m. on KHVH 830 AM/rebroadcast at 9 p.m. on KHBZ 990 AM. He and his colleagues at the 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 621-8448 or visit www.HawaiianEye.com and www.Facebook.com/HawaiianEyeCenter, where “life has never looked better.”

#