



PRESS RELEASE

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FOR IMMEDIATE RELEASE

Recipe Attached



Keep Your Eyes Healthy As You Age

(Honolulu, Hawaii), September 9 2014 – September is designated Healthy Aging Month by the American Academy of Ophthalmology to raise awareness about protecting your vision as you get older. The aging process and lifestyle choices can greatly affect your eyes. Conditions that can sneak up on you as you age could lead to vision loss and even blindness.

Some of the most common eye diseases that increase in risk as you age include:

- Cataracts—clouding of the eye’s lens, which distorts light required for the retina to process images, resulting in worsening vision over time.
- Glaucoma—damage to the optic nerve due to buildup in pressure inside the eye.
- Age-related macular degeneration (AMD)—deterioration of the macula (the retina’s small, central area responsible for clear vision) as a result of protein deposits or abnormal blood vessel growth in the retina.
- Diabetic retinopathy—damage to the retina’s blood vessels, creating abnormal swelling and bleeding that can affect vision over time.

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“The most important thing to do is get your vision checked regularly because many age-related eye diseases have no noticeable symptoms until major damage has already been done,” said Dr. Christopher Tortora, M.D., medical director of the Hawaiian Eye Center and Dry Eye Clinic. “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 60 and over or have diabetes, you should get an eye exam once a year.”

Early detection and treatment is key to keeping your vision safe, but lifestyle choices you make can also have a huge impact on your eyes. Lifestyle habits that can help protect your vision include:

- Eating “eye” foods low in fat and high in antioxidants (such as leafy green vegetables, citrus fruits and fish) as part of a healthy, balanced diet
- Staying active and exercising regularly, which helps you maintain a healthy weight and lowers your risk of developing diabetes, high blood pressure and high cholesterol
- Refraining from smoking because studies have shown it greatly increases your risk of developing many eye diseases
- Wearing sunglasses labeled “100% protection” or “UV 400” whenever you are outside to protect your eyes from damaging UV rays

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.”

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