

## PRESS RELEASE



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### For Immediate Release

*\*Photo Attached*



### **May is Healthy Vision Month: *Protect Your Vision***

**(Wahiawa, Hawaii) May 10, 2016** – Approximately 37 million American adults have age-related macular degeneration (AMD), cataract, glaucoma or diabetic retinopathy, which affects 40 to 45 percent of diabetes sufferers and is the leading cause of new cases of blindness. May is designated Healthy Vision Month by the American Academy of Ophthalmology to raise awareness of the preventative measures you should take to protect your vision.

“According to the American Diabetes Association, nearly 600,000 people in Hawaii have prediabetes or diabetes,” said Christopher Tortora, M.D., Medical Director of Hawaiian Eye Center. “Diabetes affects many areas of the body including the eyes. If you are diagnosed with diabetes, it’s important to monitor your blood sugar levels and take insulin and other prescribed medications.”

Early detection of eye diseases is vital in preserving your eyesight. If you’re 40 and over, get a comprehensive dilated eye exam every two to three years from your eye care professional. If you’re 60 and over or have diabetes, get an eye exam once a year.

Keeping your blood pressure and cholesterol in check can also help to decrease your risk of developing eye diseases. This can be accomplished by exercising regularly and maintaining a healthy, balanced diet.

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Hawaii's consistently warm weather year-round offers a great variety of fresh produce and seafood rich in antioxidants and nutrients that can help protect your eyes:

- Citrus fruits are well-known sources of *vitamin C*: oranges, lemons, limes and tangerines. Other great sources: pineapples, broccoli and bell peppers.
- *Vitamin E* can be found in many different foods: avocados, almonds, sunflower oil and wheat germ.
- *Beta-carotene* is found in foods typically bright orange or dark green in color: carrots, mangoes, sweet potatoes, papaya, spinach and collard greens.
- Great sources of *zinc* include low-fat proteins: oysters, chicken and turkey. Other great sources: peanuts, soybeans and black eyed peas.
- Leafy, green vegetables are great sources of *lutein* and *zeaxanthin* (both found in healthy eyes): watercress, taro greens, kale, spinach and bok choy.
- *Omega-3 fatty acid* is found in many fish: tuna, salmon, halibut and sardines. Other great sources: walnuts and flaxseed.

"Healthy Vision Month reminds you to protect your vision by adding these preventative measures to your daily routine," Dr. Tortora said.

*Christopher Tortora, M.D., and Steven Rhee, D.O., are board-certified ophthalmologists at Hawaiian Eye Center. Dr. Tortora and Dr. Rhee also host "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. Hawaiian Eye's dedicated doctors and support staff 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 621-8448 or visit [HawaiianEye.com](http://HawaiianEye.com) and [Facebook.com/HawaiianEyeCenter](https://Facebook.com/HawaiianEyeCenter). "For over 40 years, life has never looked better."*

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