



New Technology Helps Diagnose, Monitor Macular Degeneration

BY TERA SCHMIDT
tera.schmidt@yankton.net

Age-Related Macular Degeneration (AMD) affects 30 percent of people over the age of 75 and is leading cause of irreversible vision loss in people older than 65. For those with AMD early diagnosis and frequent monitoring is key to battling the progression of the disease. Vision Care Associates in Yankton and Freeman recently purchased a Foresee PHP, a powerful AMD monitoring tool, to help area AMD patients.

AMD is a progressive disease that destroys highly sensitive tissues in the macula — the area at the back of the eye where light is focused and nerve signals tell your brain what you are seeing. The disease affects central vision, while peripheral vision is left unaffected, said Dr. Steven Anderson of Vision Care Associates.

"AMD affects vision when you are looking straight at something," he said. "It makes reading, driving and viewing people's faces difficult."

Factors that increase your risk of developing AMD, include age, smoking, family history and exposure to ultraviolet radiation, Dr. Anderson said.

There are two types of AMD — dry and wet. Wet AMD is the more devastating form, Anderson said.

According to Sightpath Medical — a Foresee PHP distributor — most people with AMD have dry AMD, which usually does not cause severe vision loss, but about 20 percent of people with dry AMD will progress to the wet form. In wet AMD, tiny blood vessels underneath the

retina grow abnormally. These blood vessels cause blood and fluid to leak under the macula.

"This fluid build up can cause damage that leads to rapid, severe and permanent central vision loss unless it is detected and treated early," Anderson said. "The goal is to diagnose when the disease is progressing from the dry form to the wet form as soon as possible, so that therapy and treatment can be started immediately."

Anderson said before his office purchased the Foresee PHP patients with AMD or at risk for AMD were given an Amsler Grid Test to use at home to monitor changes in their vision.

The Foresee PHP is a noninvasive diagnostic test performed at the eye clinic. Each eye is tested separately and the test takes about 5 minutes per eye. The patient rests their chin on a chin rest and views a computer screen in a darkened room. The screen displays white dotted lines that flash on the screen repeatedly, one at a time, in different locations on the screen. The patient holds a stylus and touches the screen where they saw distortions in the dotted line patterns. It is recommended AMD patients perform the test four times a year to monitor any changes.

Vision Care Associates has been using the Foresee PHP for about nine months and Dr. Anderson said it has been useful in early detection of wet AMD in a significant number of patients.

"It's already been a really useful tool," Anderson said.

AMD Prevention Tips:

1. Stop Smoking — Cigarette smoking has been consistently identified as a risk factor for AMD. Smoking doubles the risk of AMD.

2. Antioxidant Therapy — The Age-Related Eye Disease Study (AREDS) demonstrated that the rate of developing AMD was reduced by 25 percent over a five-year period by the combination of antioxidant vitamins with zinc. Visit with your eye doctor about what types of supplements are best for you.

3. Sunlight Protection — AMD has been associated with "blue light" exposure and cumulative exposure to summer sun.

4. Blood Pressure Control — Persons with systemic hypertension are 1.5 times more likely to develop severe AMD.

5. Physical Activity — Regular physical activity can reduce the progression of macular degeneration by 25 percent. Visit your family physician to



TERA SCHMIDT/P&D
Dr. Steven Anderson and a coworker at Vision Care Associates in Yankton demonstrate the Foresee PHP, an Age-Related Macular Degeneration (AMD) monitoring device recently purchased by the clinic.

develop a physical fitness program suitable for your current level of health.

6. Weight Control — Obesity has been associated with macular degeneration. If your Body Mass Index (BMI) is greater than 30, AMD risk is increased by 2.5 times.

7. Dietary Fat/Nutrition — Beef, pork, lamb, high-fat dairy, margarine and processed baked goods increase your risk of AMD by approximately 2 times when eaten once daily. However, 4 servings of fish per week can reduce your AMD risk by 40 percent. This is especially true for tuna fish. Also, consuming nuts can reduce your risk of AMD by 40 percent.

SOURCE: VISION CARE ASSOCIATES
AMD PAMPHLET

NATIONAL Donate Life MONTH

People in our area are waiting for a life saving organ transplant and you have the power to help them.

More than 2600 of our neighbors in the upper midwest are waiting and the situation nationally is even more desperate — nearly 18 people die each day for the lack of an organ.

We encourage you to check your driver's license and share your wishes with your family.

My family gives thanks for people who give life - my wife is an organ recipient.

If you'd like more information, stop in or contact LifeSource at 1-888-5donate.

Thanks ~ Roger

ROGER'S FAMILY PHARMACY 218 West 4th Street
Yankton, SD 57078
"A tradition of trust" (605) 665-8042

Need Quick Cash? Call the Classifieds 665-7811.

ProCenter Hearing is pleased to announce "Latitude," the new series of digital technology hearing instruments.

Latitude greatly enhances your listening experience by providing an exceptional set of purpose-driven innovations that are designed to address your most challenging listening needs, no matter where you are. Latitude is built on the world's most advanced digital processor. It simply sounds better.

Latitude™ will take you to the next level of hearing

Bring in this ad & receive a FREE Hearing Exam and significant savings on any model of hearing instruments during the month of April.

If you or a loved one is experiencing signs of a hearing loss, please call today! No Cost - No Obligation

665-1045 or 1-800-246-1045

PROCENTER HEARING

112 W. 3rd,
Downtown Yankton
665-1045
1-800-246-1045

Daniel Smith, BC-HIS has been serving the Yankton and surrounding area for almost 23 years.

We Accept Medicaid Assignments (SD & NE)

Macular degeneration has a new light to see by.



Age-related macular degeneration (AMD) is the leading cause of blindness in the United States, putting 15 million Americans at risk for vision loss. Early detection using the Foresee PHP™ can be crucial to preserving your vision.

Vision Care Associates now offers monitoring using this leading new technology. A short, non-intrusive test, the Foresee PHP is simply unsurpassed in the early detection of the vision-threatening form of AMD.

If you've been diagnosed with AMD or want to find out if you're affected, schedule an AMD examination today. You may just save your sight.

Call 605-665-7762



VISIONcare ASSOCIATES
See the best.
2701 Fox Run Parkway
Yankton, SD 57078

Sponsored by **HyVee HealthMarket** and **Avera Sacred Heart Hospital**

Healthy FOR Life Eating

HyVee EMPLOYEE OWNED

Brenda Patzlaff, RD, LN

WELLNESS EVENTS April 2010

Cancer Control Month

Wednesday, April 7th - 1:00 p.m.-5:00 p.m. (HealthMarket)

There are many foods that contain phytochemicals which can help prevent cancer by reducing cell damage and contribute to healthy immune system. Join Brenda in the HealthMarket as she provides information about cancer prevention, antioxidants and functional foods.

Eating For A Healthy Lifestyle Store Tour - FREE

Tuesday, April 13th - 10:00 a.m. and 2:00 p.m. (Registration Required)

Are you looking to make healthier choices while you shop? Join Brenda on a store tour and learn what to look for on the food label and how to use the NuVal Nutrition Scoring System available only at HyVee. Register at customer service by calling 665-3412.

Dietitian Produce Pick of the Month

Thursday, April 15th - 1:00 p.m.-5:00 p.m. (Produce Department)

Join Brenda in the Produce Department and sample the produce pick of the month! Observe Cancer Control Month by trying a new fruit or vegetable!

Eating For A Healthy Lifestyle Store Tour - FREE

Wednesday, April 21st - 10:00 a.m. and 2:00 p.m. (Registration Required)

Are you looking to make healthier choices while you shop? Join Brenda on a store tour and learn what to look for on the food label and how to use the NuVal Nutrition Scoring System available only at HyVee. Register at customer service by calling 665-3412.

Gluten-Free Friends Support Group Meeting - FREE

Saturday, April 24th - 9:00 a.m. (HyVee Conference Room)

Do you or a family member have celiac disease or a food allergy? The Yankton Celiac Support Group invites you to join them for their monthly meeting. The meeting will be held in the HyVee conference room. Call Sarah Mellem at 665-3412 or Carla Scott at 668-8643 for more information.

Master Gardener Presentation - "Basic Gardening 101"

(Registration Required) - FREE

Saturday, April 24th - 10:00 a.m.-11:00 a.m. (HyVee Conference Room)

Are you considering a garden this year, but you're not sure how to get started? Join us at HyVee and welcome Master Gardener, Bob Neibergall, as he discusses the basics of growing your own garden. Register at customer service by calling 665-3412.

Look for these and other specials in the Health

Market in the month of April:

* Kids Coloring Contest starting April 1st to celebrate the earth! Pick up a coloring contest picture in HealthMarket. Ages 3-5 yrs., 5-7 yrs. and 8-10 yrs. One winner in each age group will win a basket of healthy picks from HealthMarket

* April 5th - 12th Yes! Body Care Products all 10% off

* Bulk Feature for the Month of April is Chia seeds....10% off the bulk Chia seed all month long!

* April 13th -19th Burt's Bees Products all 10% off as well as all Simply Organic spices and packets all 10% off

HyVee EMPLOYEE OWNED

2100 Broadway, Yankton • 665-3412
Pharmacy 665-8261 • Floral Dept. 665-0662