

Houston Eye Doctors on Rising Prevalence & Treatment of Macular Degeneration

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January 25, 2013 (FPRC) -- Prevent Blindness America has designated February as National Age Related Macular Degeneration (AMD) Awareness Month.

'The prevalence of age related macular degeneration is clearly on the rise. The most recent data indicates that more than 2 million people over the age of 50 are affected by late AMD, which represents a 25% increase since 2000-that's a significant increase,' commented Ophthalmologist Bernard Milstein, M.D. of The Eye Clinic of Texas. 'What we see in terms of aging of the population in Houston and the associated increase in prevalence of eye diseases such as age related macular degeneration or AMD is pretty typical throughout the U.S. today,' said Dr. Milstein.

Galveston and Houston Ophthalmologist Allan Fradkin, M.D. commented, 'Age Related Macular Degeneration (AMD) is the leading cause of visual impairment and blindness in Americans older than 50. Although AMD is incurable, with early detection and diagnosis there are a number of treatment options that have proven to prevent further vision loss from the disease and in many cases may actually help recover some lost vision.'

'We strongly advise patients older than 50 to have a comprehensive, dilated eye examination every one to two years to ensure that AMD is detected as early as possible-and if anyone in your family has macular degeneration it is critical to be seen even earlier and more often. Making an early diagnosis and getting treated as early as possible are the keys to preserving vision,' counseled Dr. Da-Thuy Van, Ophthalmologist at The Eye Clinic of Texas. 'If you are at risk for 'Wet' AMD-which is characterized by the growth of abnormal retinal blood vessels that leak blood or fluid and can rapid and severe central vision loss-we want to get you treated with Vascular Endothelial Growth Factor (VEGF) inhibitor injections such as Lucentis®, Eyelea® or Avastin® as soon as possible. They work quite well to inhibit and reverse the development of the unwanted blood vessels that cause Wet AMD, and are effective in helping to prevent further visual loss and even improve vision,' Dr. Van explained.

Patients can also help to decrease their risk of developing age related macular degeneration (AMD) by not smoking, moderating alcohol consumption to less than 15g per day, eating a heart-healthy diet rich in fish, fruit and green leafy vegetables, avoiding foods with trans fats, exercising and controlling blood pressure and weight.

The Eye Clinic of Texas is an affiliate of Houston Eye Associates, the largest ophthalmology clinic in the nation. We are a leading eye care practice serving the greater Houston, Galveston, League City and Texas City area that provides all aspects of general, medical, surgical, laser and optical eye care services. Our Board Certified Ophthalmologists perform Laser Eye Surgery such as LASIK, Cataract Surgery & Lens Implants using advanced technology IOLs to correct complex problems such as astigmatism and near vision focusing problems including presbyopia, diagnosis and management of glaucoma, diagnosis and management of diabetic retinopathy, diagnosis and management of Age Related Macular Degeneration (AMD) and Pediatric Ophthalmology. Texas

EyeWear at The Eye Clinic of Texas provides personalized consultation and fitting of eyeglasses and eyeglass lenses for greater Houston, Galveston, League City and Texas City area patients.

To learn more about The Eye Clinic of Texas you may visit <http://www.ecot.com> or <http://www.facebook.com/ecot.lasik> or follow our eye care blog at <http://www.ecot.com/houston-cataract-lasik-surgery-blog>.

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SOURCE: Medical Management Services Group, L.L.C.

<http://www.aboutcataractsurgery.com>

<http://www.seewithlasik.com>

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