

Hudson Valley Macular Degeneration Awareness

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January 31, 2013 (FPRC) -- As Prevent Blindness America has designated February as National Age Related Macular Degeneration Awareness Month, the eye doctors at Seeta Eye Centers want emphasize the need understanding more about AMD.

'As the Hudson Valley population ages we want to make sure that patients are aware of the need for regular eye exams for early detection, diagnosis and treatment of macular degeneration so we can help avoid any vision loss, but especially the catastrophic vision loss that can occur from macular degeneration,' explained NY Ophthalmologist Andreas Wolter, M.D. of Seeta Eye Centers.

'All patients-but especially those 50 and over-need to know that age related macular degeneration (AMD) is the leading cause of visual impairment and blindness in Americans older than 50,' explained Satish Modi, M.D. 'Further, patients need to know that while it is not possible to actually cure AMD, our clinical experience demonstrates that with early detection, diagnosis and treatment when necessary we can be very effective in helping patients prevent vision loss and in many instances we can help recover some lost vision,' explained Dr. Wolter.

It is advisable for everyone older than 50 to have a regular, comprehensive, dilated eye exams every one to two years to ensure that AMD is detected as early as possible. If anyone in your family has macular degeneration it is critical to be seen even earlier and more often. 'We want to be as certain as possible that if you are at risk for macular degeneration or show any signs of 'Wet' AMD such as the growth of unwanted blood vessels under the retina-we make sure you have access to treatment with Vascular Endothelial Growth Factor (VEGF) inhibitor injections such as Lucentis®, Eyelea® or Avastin® as soon as possible. By learning the symptoms to watch for, bringing them to our attention and getting treatment as quickly as possible we can stop the blood vessel growth, reverse it and at a minimum prevent further vision loss and often actually improve vision,' reiterated Dr. Modi.

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. To learn more visit Seeta Eye Centers or <http://www.facebook.com/seetaeyecenters> or follow our eye care blog at <http://ny-eye-cataract-lasik-surgery.blogspot.com>.

Seeta Eye Centers is conveniently located for patients in need of cataract surgery and lens implants from Westchester County, Rockland County and throughout the Hudson Valley, Dutchess County and Orange County including Poughkeepsie, Fishkill, Middletown, Kingston, New Paltz, Newburgh, Beacon, Bedford, Catskill, Cornwall, Eastchester, Ellenville, Florida, Goshen, Harriman, Harrison, Highland, Highland Falls, Kerhonkson, Mahopac, Monroe, Montgomery, Mount Kisco, New Rochelle, New City, Scarsdale, Saugerties, Spring Valley, Tarrytown, West Point, White Plains, Woodstock, Yorktown Heights and Yonkers, NY.

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

<http://www.aboutcataractsurgery.com>

<http://www.seewithlasik.com>

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