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## Florida Eye Doctor Helps Legally Blind to See Again

**Specialist in Low Vision Care helps those with Macular Degeneration to keep reading, writing, playing cards... enjoying life!**

By Lois Neinkin, Freelance Writer

Just because you have macular degeneration or other eye disease like diabetic retinopathy doesn't mean you must give up your favorite activities.

Ever look through a pair of field glasses or binoculars? Things look bigger and closer, and much easier to see. Florida optometrist, Dr. Marc Jay Gannon, is using miniaturized binoculars or telescopes to help people who have lost vision from macular degeneration or other eye conditions.

"Some of my patients consider me the last stop for people who have vision loss," said Dr. Gannon, a low vision specialist with offices in Miami, Ft. Lauderdale, Boca Raton, West Palm Beach and Stuart.

"People don't know that there are doctors who are very experienced in low vision care." Dr. Gannon is a panel member of the Florida Division of Blind Services and the International Society for Low Vision



Patient Bobbie Seidman using tele-microscopic glasses for reading, writing, playing cards, etc.

Research and Rehabilitation. Dr. Gannon is the founder and director of the Low Vision Institute and the American Foundation of Low Vision Rehabilitation.

Macular Degeneration is the most common eye disease amongst the senior population. As many as 25% of those over 65 have some degree of degeneration. The macula is one small part of the entire retina, but it is the most sensitive part and gives us sharp images. When it degenerates, macular degeneration leaves a blind spot right in the center of vision making it impossible to recognize faces, read a book, or pass the driver's test.

The experts do not know what causes

macular degeneration. But it is known that UV light from the sun is a major contributing factor. Other factors are smoking, aging of course, and improper nutrition, and 15 to 20% of the time it is genetic.

There are two types, wet and dry. The wet type involves leaky blood vessels which may be able to be treated. Unfortunately, it may only result in a temporary fix as other leaks usually occur.

"Our job is to figure out everything and anything possible to keep a person functioning," says Dr. Gannon.

Donald Paquette, 72, a former county assessor from Anaheim, California was seen last November. "I could not read the street signs soon enough when driving and I couldn't read my saxophone music anymore."

The Doctor fit him with bioptic telescope glasses. "Amazing!" says Donald. "I can read the street signs twice as far as I did before. I can play my sax again. Happy Day!"

Dr. Gannon also provides special microscope reading glasses to make the newspaper print much easier to read.

Dorothy Weston, 80 from Broward County, Florida was unable to perform her

job as a bookkeeper before visiting Dr. Gannon. She received a pair of tele-microscopic glasses for reading spreadsheets and viewing the computer. "I am thrilled to be able to keep working," said Dorothy.

"A while back I worked with a world class tournament bridge player who could no longer see the cards in her hand or on the table," said Gannon. "I created a special split tele-microscopic system for her, designed to function like a bifocal. The top part allowed her to see the cards on the table and the bottom was for her hand."

Telescope glasses usually cost over \$2,000, says Gannon, especially if we build them with an automatic sunglass.

Ellen Imboden traveled from Sweden and was helped with two pair of glasses; special \$475 prismatic glasses, that let her read newsprint, as well as bioptic telescopes to continue driving in Sweden.

Low Vision devices are not always expensive. Some reading glasses cost as little as \$475 and some magnifiers \$100. Every case is different because people have different levels of vision and different desires.

Dr. Gannon can be reached Toll Free at 1-866-942-2020 or you can visit Dr. Gannon at [www.lowvisioninstitute.com](http://www.lowvisioninstitute.com)

Free seminars for senior centers and retirement facilities are available.

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### FROM THE COVER

## HANCOCK, the quirky Hero!

Will Smith and Charlize Theron Make Quite a Couple!

There are heroes...there are superheroes...and then there's Hancock (Will Smith). With great power comes great responsibility—everyone knows that—everyone, that is, but Hancock. Edgy, conflicted, sarcastic, and misunderstood, Hancock's well-intentioned heroics might get the job done and save countless lives, but always seem to leave jaw-dropping damage in their wake. The public has finally had enough—as grateful as they are to have their local hero, the good citizens of Los Angeles are wondering what they ever did to deserve this guy. Hancock

isn't the kind of man who cares what other people think—until the day that he saves the life of PR executive Ray Embrey (Jason Bateman), and the sardonic superhero begins to realize that he may have a vulnerable side after all. Facing that will be Hancock's greatest challenge yet—and a task that may prove impossible as Ray's wife, Mary (Charlize Theron), insists that he's a lost cause. —© Sony Pictures

Starring: Will Smith, Jason Bateman, Charlize Theron, Eddie Marsan

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**Miracle worker one is Omega-3.** It includes three fatty acids and is essential for cell health and especially beneficial for those at risk of cardiovascular disease. One of the fatty acids in Omega-3 called **EPA is a key player in the prevention of cardiovascular disease.** Another, **DHA contributes to the development and protection of the brain and nerves.** Since our body does not manufacture these fatty acids, it is essential to get our daily intake either through our diet or supplements. Omega-3 can be found in salmon, tuna, mackerel and sardines; also in walnuts, flaxseed, cauliflower, kale or other dark, leafy veggies, or else in supplements. The American Heart Association recommends **"eating fish at least twice a week"** and states that **"a total intake of 1.5 to 3 grams per day seems beneficial."**

Mayo Clinic scientists state that the most impressive evidence attributed to Omega-3 is in the area of cardiovascular disease. Multiple trials have documented that **these nutrients help lower blood pressure and**

**reduce triglycerides and the risk of heart attack. Additionally, Omega-3 reduces inflammation and can cut the risk of stroke caused by plaque buildup or blood clots.** "This compelling data comes from three trials with 32,000 participants. **They showed reductions in cardiovascular events of 19 to 45 percent.** The findings suggest that intake of Omega-3 fatty acids should be increased either through food or fish oil supplements," says Cardiologist, Dr. James O'Keefe at Mid America Heart Institute.

Another important UCLA study concludes that **DHA from Omega-3 protects the brain against the development of Alzheimer's disease.** This fatty acid produces a protein that destroys the beta amyloid deposits that form plaques in the brains of AD patients and impair mental function.

**The other miracle worker is vitamin D** which the body makes by being exposed to the sun. Vitamin D has long been credited with protection against various cancers including breast, colon, kidney and ovarian

cancer. It helps the body absorb calcium which is beneficial for bone health. A lack of vitamin D leads to osteoporosis and rickets in children. Vitamin D is created by daily exposure to the full sun on unprotected skin (about 20 minutes; too much sun can be detrimental and is blamed for the increase in skin cancer). Vitamin D is also found in foods such as fatty fish, vitamin-D fortified milk or daily supplements.

The latest studies identify important evidence; men with low levels of vitamin D have an elevated risk of heart attack. The author of the study, Dr. Edward Giovannucci of the Harvard School of Public Health and Brigham and Women's Hospital in Boston states that **"Men deficient in vitamin D are about 2-1/2 times more likely to have a heart attack than those with higher levels of the vitamin.** Moreover, this group being at higher risk for heart attacks in general, they are particularly at high risk to have a fatal attack." This ten year project involved 454 people ages 40 to 75 that had suffered a nonfatal heart

attack or died of heart disease, as well as 900 men with

no history of cardiovascular problems. Other studies from Harvard Medical School corroborate these new findings. "Traditionally, physicians focused on bone deficiencies associated with a lack of vitamin D," says Dr. Giovannucci. "More recently, vitamin D's important role in heart health has been documented and should encourage everyone to ensure they have normal vitamin D levels. A simple blood test is all that's needed, and any deficiency can be remedied by taking vitamin D supplements."

Please take heart! — Jacqui

E-mail Jacqui your question: [info@veryprivate.com](mailto:info@veryprivate.com) or by regular mail to: 649 Stone Canyon Road, Los Angeles 90077. Visit: [www.veryprivate.com](http://www.veryprivate.com). We never reveal or give out names or addresses. ©2008 Brandwynne Corp. All rights reserved.

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