

## EyeCare America Protects Seniors with Diabetes from Vision Loss with Free Eye Exams and Care for November 2005 Diabetes Eye Health Month

Everyone with diabetes is at risk of developing diabetic retinopathy, a leading cause of vision loss among adults in the United States. It **causes up to 24,000 new cases of vision loss each year. Early detection, timely treatment and appropriate follow-up care can reduce the risk of blindness by 95 percent**, even for people with established and significant diabetic retinopathy.



Before



After

In honor of **Diabetes Eye Health Month** taking place in November 2005, EyeCare America, the public service foundation of the American Academy

of Ophthalmology, encourages people age 65 and older to take advantage of its Diabetes EyeCare Program. This year-round program offers eye exams and up to one year of treatment at no out-of-pocket cost to qualified patients.

"People with diabetes are at risk of losing their eyesight," stated C.P. Wilkinson, MD, Committee Chairman of EyeCare America's Diabetes EyeCare Program. "Those with diabetes can prevent blindness through annual dilated eye exams."

Indeed, a recent study released by the Joslin Diabetes Center demonstrated that a new oral, called RBX, may reduce the risk of moderate vision loss caused by diabetes.

### Facts About Diabetes and Eye Disease<sup>1</sup>

- Hispanics have three times the risk of developing type-2 diabetes as whites, and they also have a higher risk of complications
- Twenty-five percent of blacks between the ages of 65 and 74 have diabetes.
- Approximately 6.3% of the US population has diabetes. An estimated 18 million have been diagnosed, but one-third are unaware that they have the disease.
- Everyone with diabetes is at risk for developing diabetic retinopathy, the most common form of diabetic eye disease.
- People with diabetes are 25 times more likely to lose vision than those without the disease.

- The longer a person has diabetes, the more likely is he or she to have retinopathy.

- In its early stages, diabetic retinopathy usually has no warning signs. Over time, however, the vision blurs and everyday tasks become more difficult. Vision lost cannot usually be regained.

- With timely treatment, 95% of those with significant diabetic retinopathy can be saved from substantial vision loss.

*EyeCare America Provides Medical Care at No Cost to Qualified Seniors To Prevent #1 Cause of Blindness in U.S.*

### EyeCare America's Diabetes EyeCare Program:

- promotes annual, dilated eye exams for **seniors with diabetes**,
- raises awareness about diabetic eye disease, including diabetic retinopathy,
- provides **free diabetic eye disease educational materials** and facilitates access to eye care.

**People eligible for a referral through the program receive a comprehensive, medical eye exam and up to one year of treatment with no out-of-pocket cost for any disease diagnosed during the initial exam. Volunteer ophthalmologists accept Medicare and/or other insurance reim-**

### bursement as payment in full.

**EyeCare America's Diabetes EyeCare Program is designed for people who:**

- Have diabetes
- Are age 65 and older
- Are US citizens or legal residents
- Have not seen an ophthalmologist in three or more years
- Do not have insurance through an HMO or the VA

To see if you, a loved one or a friend, is eligible to receive a referral to one of EyeCare America's 7,500 volunteer ophthalmologists, **call 1-800-272-EYES (3937). The EyeCare America help lines are open 24 hours a day, every day, year round.**

Sources: <sup>1</sup>Lion's Eye Health Program

### About EyeCare America

Founded in 1985, EyeCare America, the public service foundation of the American Academy of Ophthalmology, is committed to the preservation of sight, accomplishing its mission through public service and education. EyeCare America's public service programs provide eye care services to the medically underserved and for those at increased risk for eye disease through its corps of 7,500 volunteer ophthalmologists dedicated to serving their communities.

More than 90 percent of the care made available is provided with no out-of-pocket cost to the patients. Public service includes programs for seniors, glaucoma, diabetes and children, and is the largest program of its kind in American medicine. Since its inception, EyeCare America has helped more than 700,000 people and treated more than 180,000 cases of eye disease. More information can be found at: [www.eyecareamerica.org](http://www.eyecareamerica.org)

### The cost of prescription drugs is 61% lower in Canada than in the U.S.

(From: Random Kinds of Factness)



## ACTIVE ADULTS

Your Fall schedule is here at the JCC!

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- Supervised Bridge Play
- Duplicate Bridge game
- Beginners Bridge
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- Jewish Heritage Bus Tour
- Mah Jongg Tournaments
- Stained Glass class
- SeniorNet Seminars & Classes and much more!



### Visit either of our location:

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561-740-9000  
or  
West Palm Beach JCC  
3151 North Military Trail  
561-689-7700

Call for our program guide, or log onto [jconline.com](http://jconline.com)

## Another Great Benefit of Using Olive Oil

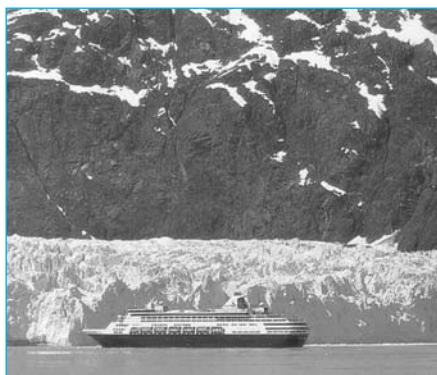
A compound found in olive oil called oleocanthal fights inflammation in a manner similar to ibuprofen, inhibiting the cyclooxygenase enzymes involved in pain and inflammation responses. The amount of oleocanthal obtained from daily olive oil consumption would elicit a much smaller anti-inflammatory effect compared to medication, and more research is needed to determine whether olive oil consumption has any clinical effect on inflammation. However, some researchers speculate that the heart benefits of a Mediterranean-style diet, which includes ample amounts of olive oil, may be due in part to the anti-inflammatory properties of olive oil. The inflammation of tissues, such as those of the vascular system, plays a role in the development of heart disease. A great way to add olive oil to your diet is to replace creamy salad dressing high in saturated fats with a drizzle of olive oil and balsamic vinegar. (From: RealAge)

### FROM THE COVER

## Cruising Alaska and Other Interesting Places

By Anita Finley

If you were going to Alaska, you would sail along frontier towns, sheltered waterways and the calving glaciers of the Inside Passage. Then you would explore the rugged southcentral coast of the Gulf of Alaska with its snowcapped mountains and majestic rivers of ice. Experience it with



elegance aboard a Holland America vessel, the Statendam, Ryndam or the Veedam. These ships represent the height of five-star design, built from the ground up to showcase the outdoors. Huge viewing lounges, wrap-around teak decks, wide-open front bows and suites with floor-to-ceiling

windows. From grand public spaces filled with art and antiques to intimate and elegant staterooms, comfort abounds. Savor an experience that's designed to graciously reveal the side of Alaska that's truly authentic and wild. Take advantage of Holland America's luxury trademarks—smaller ship size, bigger staterooms, and more crew members per guest than any other cruise line.

Whether your direction is Northbound via Glacier Bay, Northbound via Hubbard Glacier, Southbound via Glacier Bay or Southbound via Hubbard Glacier Bay, Holland America ships will enhance your experience of the Great Land at every turn. Depending on the sailing date, ports of call include Ketchikan, Juneau, Sitka and Haines/Skagway.

**Reservations**—Brochure cruise rates for Holland America start at \$799, but vary greatly depending on cabin selection and departure date. Specials or discounts are usually available, especially if you book early. Contact your local travel agent.