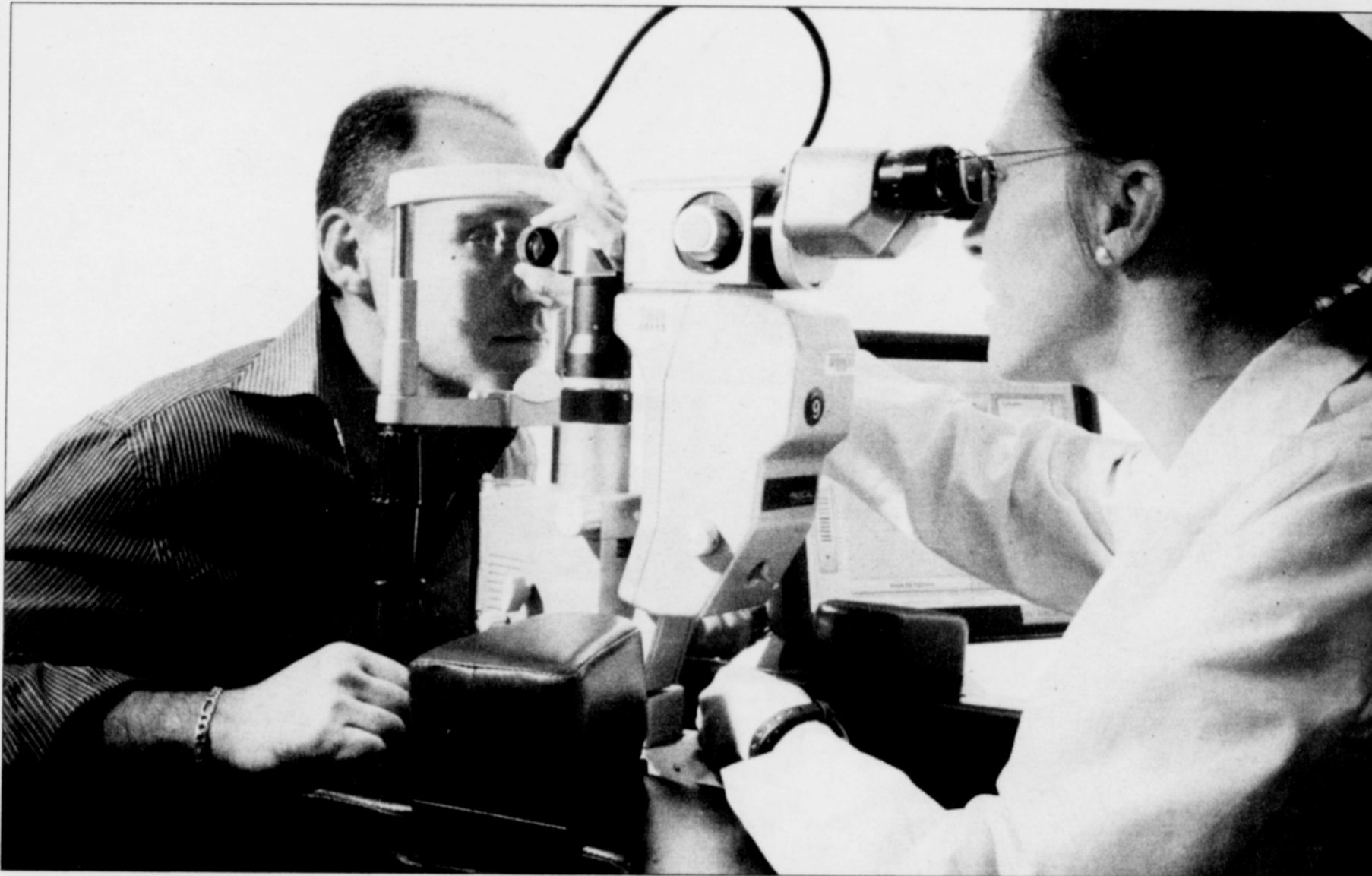


HEALTH



An eye care professional tests for diabetic retinopathy (leaking blood vessels).

Diabetic Eye Diseases and Vision Loss

Rates to increase with growing population

Diabetes affects nearly 26 million people in the United States while 79 million people are estimated to have pre-diabetes, a condition that puts people at increased risk for diabetes.

All people with diabetes, both type 1 and type 2, are at risk for diabetic eye disease, a leading cause of vision loss and blindness.

Diabetic eye disease refers to a group of eye problems including cataract, diabetic retinopathy, and glaucoma that diabetics may face as a complication of the disease. Diabetic retinopathy, the most common diabetic eye disease, is the leading cause of blindness in adults 20–74 years of age.

"The longer a person has diabetes the greater is his or her risk of developing diabetic eye disease," said Dr. Paul A. Sieving, director of the National Eye Institute. "If you have diabetes, be sure to have a comprehensive dilated eye exam at least once a year.

While all people with diabetes can develop diabetic eye disease, African Americans, American Indians and Alaska Natives, and Hispanics and Latinos with diabetes are at higher risk of losing vision or going blind from it.

With early detection, timely laser surgery, and appropriate follow-up care, people with advanced diabetic retinopathy can reduce risk of blindness by 90 percent.

Research has shown that people with diabetes who maintain good control of blood sugar, blood pressure, and cholesterol can slow the development and progression of diabetic eye disease.

In addition to having annual comprehensive dilated eye exams, people with diabetes should take your medications, reach and maintain a healthy weight, add physical activity to your daily routine, control your blood sugar, blood pressure, and cholesterol, and kick the smoking habit.

For more information on diabetic eye disease and tips on finding an eye care professional or financial assistance for eye care, visit nei.nih.gov/diabetes or call the National Eye Institute at 301-496-5248.

No Immunity for Heart Disease

Best odds are in the healthiest adults

(AP) — Here's a reality check for health-conscious baby boomers: Even among those in good shape, at least 1 in 3 will eventually develop heart problems or have a stroke.

The upside is that that will happen about seven years later than for their less healthy peers.

The findings come from a study published in the *Journal of the American Medical Association*, where researchers pooled data from five major studies involving nearly 50,000 adults aged 45 and older who were followed for up to 50 years.

The best odds are in the healthiest adults — those who don't smoke, have diabetes, high blood pressure or high cholesterol. Still, among 55-year-olds in that category, about a third can expect to develop heart or other cardiovascular problems as they age.

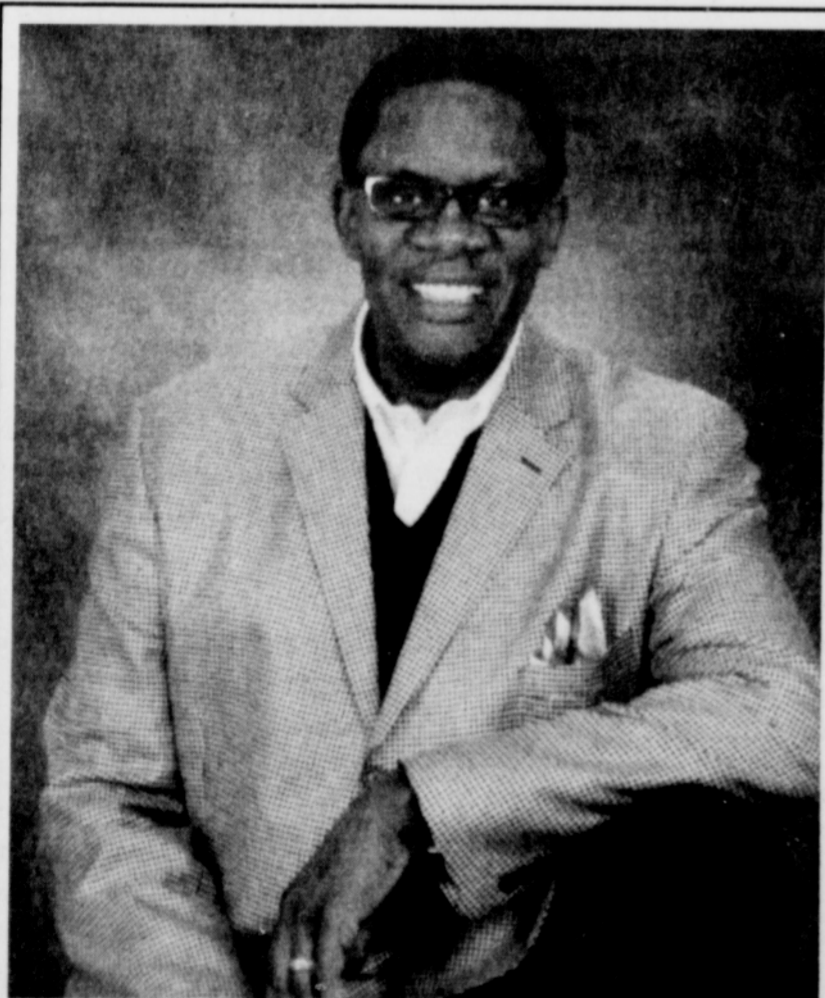
Researchers found that the healthiest 45-year-olds lived up to 14 years longer free of heart ailments than those with at least two risk factors. The healthiest 55-year-olds lived up to about seven years longer than their less healthy peers.

While prevalence of heart disease and related deaths have declined nationwide in recent years, more than 82 million Americans — roughly one-third — have some form of cardiovascular disease, according to the American Heart Association.

Most people in the analysis had high blood pressure or at least one of the other risk factors.

The results shouldn't be discouraging, said lead author Dr. John Wilkins, an assistant professor of preventive medicine and cardiology at Northwestern University's medical school in Chicago.

Maintaining an optimal lifestyle, by eating sensibly and staying active, is still the best way to live a long, healthy life, he said.



Dr. Billy R. Flowers

THE SPINA COLUMN™

An ongoing series of questions and answers about America's natural healing profession.

Part 28. Industrial Injuries: What to do if you are hurt on the job

Q: I was lifting a heavy object on the job site and my back just collapsed on me. I have since gone to several company doctors only to get yet another pain pill. One doctor has mentioned surgery. What do you think I should do?

A: You should immediately request to see a Chiropractor. Approximately 90% of back injuries have the capacity of being helped through Chiropractic. Our office has

an excellent track record with helping problems like yours. We make every attempt possible to get you back on the job safely as soon as possible — often within a few days. This is obviously beneficial not only to you but your company as well. It is not uncommon for a workmen's compensation back surgery to run \$100,000.

I'm sure your employer would just as soon not have expenses like that. Speak to your employer today about having a Chiropractic consultation. If you have had a lifting injury or suffer from pain, why don't you call us today. A life of suffering is indeed a wasted life. Don't let it be yours.

Flowers' Chiropractic Office

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