



Attention!

MANY eye doctors rave about how laser surgery miraculously improves sight. What they don't say is the procedure can also damage vision – and even result in blindness!

Now U.S. Food and Drug Administration officials warn all surgery poses risks and any damage to the cornea during a laser eye operation, or an infection after, may lead to permanent blindness.

And eye expert Dr. Cary Silverman notes LASIK eye surgery – short for Laser Assisted In-Situ Keratomileusis – can also result in other sight problems.

“The patient may experience glare, halos or double vision especially at night, severe dry eyes and the possible need for glasses or contact lenses following surgery,” says the medical director of Eye-Care 20/20 in East Hanover, N.J.

LASIK eye operations have become hugely popular because they can reduce – or eliminate – the need for glasses and corrective lenses and also correct astigmatism.

But the FDA is cracking down on LASIK centers that don't reveal the dangers.

“It's important for LASIK surgeons to cite the most common complications in their advertising,” says Silverman.

The FDA recently sent warn-

WHAT YOU NEED TO KNOW ABOUT LASER EYE SURGERY



Avoid 'a cheap surgeon who may cut corners on patient care,' says expert

ings about poor advertising to these five U.S. eye care clinics – Institute Indianapolis LASIK in Indiana; Scott Hyver Vision-care Inc., in Daly City, Calif.; Rand Eye Institute in Deerfield Beach, Fla.; Eye Center of Texas in Bellaire and Woolfson Eye

Institute in Atlanta, Ga.

The medical groups face property seizures, injunctions or fines if they don't correct their promotional and advertising data.

Meanwhile, patients can help themselves by doing their own research, says Silverman.

He explains, “They should be shopping for a quality LASIK surgeon who is experienced in the process and not a cheap surgeon who may be cutting corners on patient care.”

– LYNN ALLISON
lynnallison@globefl.com

Update

Vitamin D is good for teeth

+CHALK up another way vitamin D gives the body's defenses added bite: Researchers say children who have adequate portions of the stuff in their diets can cut their risk of tooth decay in half! The new University of Washington study included an analysis of 24 clinical trials from around the world. The wonder vitamin has previously been credited with boosting the body in a number of ways, from lowering heart disease to fighting osteoporosis.

New drugs fight Type 2 diabetes

+SWEET news for 24 million Americans with Type 2 diabetes: The U.S. Food and Drug Administration has approved three drugs containing alogliptin, which controls blood sugar alone or paired with current medications. The new pills are Nesina (alogliptin), Kazano (alogliptin plus metformin) and Oseni (alogliptin plus pioglitazone). Says FDA official Dr. Mary Parks, “Alogliptin stimulates the release of insulin, leading to better blood sugar control.”

Pomegranate helps heart

+A NEW study shows that tasty pomegranate juice packs a powerful punch when it comes to protecting your heart! According to a team of researchers at Sheffield Hallam University in South Yorkshire, England, drinking 12 ounces of the juice a day for four weeks caused a significant drop in the three markers for cardiovascular health: systolic blood pressure, diastolic blood pressure and mean arterial pressure. The findings were a result of a placebo-controlled study.