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consult the experts

health and
wellness edition



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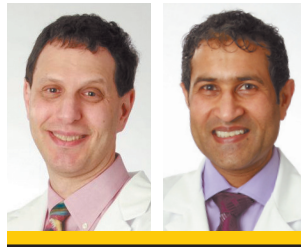
topic:

Diabetes related eye disease is the number one cause of adult vision loss

advice: Diabetes affects people of all ages and races. Of the 24 million people in the United States with diabetes, almost half of them will eventually develop an eye problem called diabetic retinopathy. This disease affects the blood vessels in the retina, the light-sensing tissue at the back of the eye. Damage to these vessels, including swelling and bleeding, develops gradually and painlessly. If left untreated, diabetic retinopathy can cause total vision loss.

Although good control of blood sugar and blood pressure can help prevent diabetic eye disease, significant problems can still occur. Vision loss due to diabetic retinopathy is often preventable with early detection and treatment. Regular dilated eye examinations are the only way to diagnose diabetes related eye problems. The use of special laser treatments and injections can slow or stop damage to the eye.

The doctors at Bennett & Bloom Eye Centers specialize in advanced diagnostics and treatment of diabetic eye disease, macular and retinal diseases, glaucoma, cataracts, and refractive procedures including all-laser LASIK.



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topic:

Respite care for your loved one

advice: Providing significant caregiving for your mother or father with health issues is truly a challenge. Balancing your own family life as well as handling the additional tasks in your parent's home can be exhausting. The questions below may be a good start in helping you introduce some respite assistance as a solution.

- Is your mother/father's home in disarray or unkempt?
- Have there been recent falls?
- Are you managing his/her medication?
- Has there been a recent emotional or medical crisis?

A respite caregiver can take care of light housekeeping, cooking and provide some companionship. Just starting with 1-2 days a week for a few hours at a time allows you to get back balance in your own life and enjoy the time you spend with your parent(s). This difference could improve the quality of life for you and your loved one.

Go to www.cnursingsolutions.com to complete a complimentary on line assessment and to find out more about the services that Commonwealth Nursing Solutions provide.



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