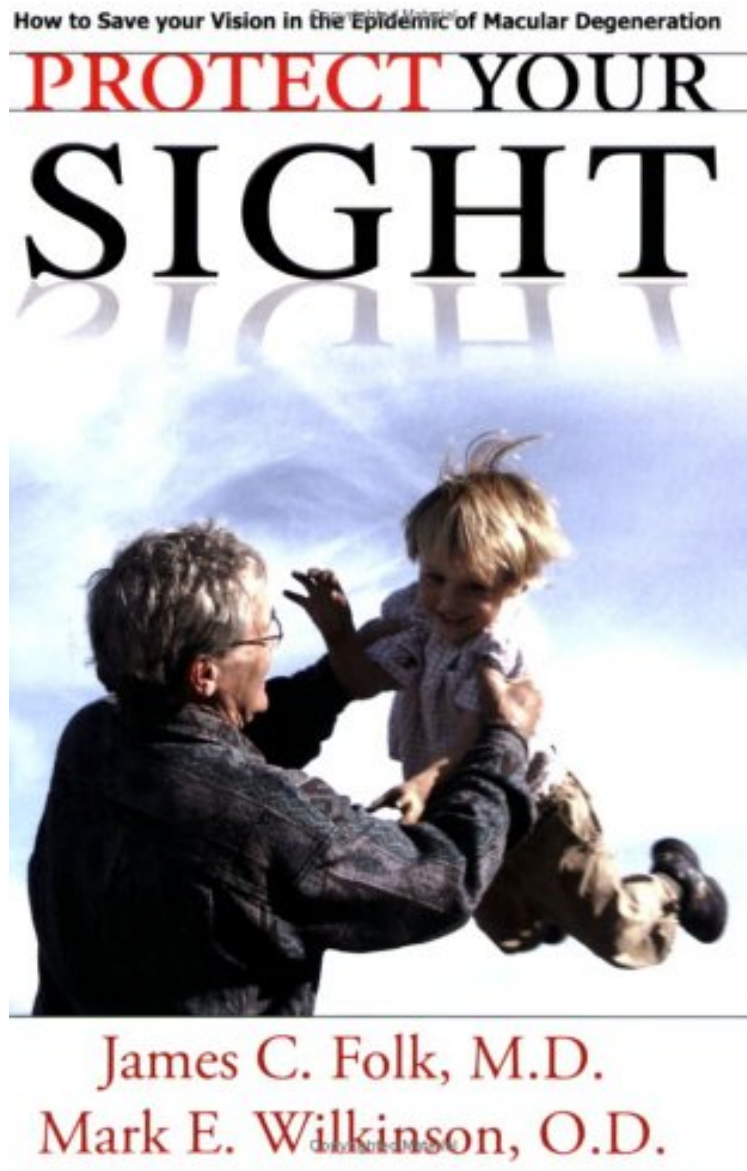


(Download pdf) Protect Your Sight: How to Save Your Vision in the Epidemic of Age-Related Macular Degeneration

Protect Your Sight: How to Save Your Vision in the Epidemic of Age-Related Macular Degeneration

James C. Folk, Mark E. Wilkinson

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James C. Folk, Mark E. Wilkinson : **Protect Your Sight: How to Save Your Vision in the Epidemic of Age-Related Macular Degeneration** before purchasing it in order to gauge whether or not it would be worth my time, and all praised **Protect Your Sight: How to Save Your Vision in the Epidemic of Age-Related Macular Degeneration**:

5 of 5 people found the following review helpful. Great book for people who fear going blind from AMDBy P. DuffelThis book is written for the person who is afraid he or she might have age-related macular degeneration (AMD), for people who already have AMD, and for family and friends of AMD patients. The authors are an ophthalmologist and an optometrist, giving the book points of reference from two similar but distinct disciplines. Dr. Folk covers the mechanisms of AMD and medical treatment while Dr. Wilkinson covers topics about making the best of the vision you have. The illustrations are clear and help with the understanding of this complex topic. The tone is conversational, making it easily read but never condescending. The type is large enough with lines far enough apart to be easily read by people whose vision is not optimal but is not as large as a large-print text. I recommend this to any person who might be faced with AMD and has been told they can't do anything about it. Physicians, particularly those who see older patients, may also want to consider using this book as a waiting room book.4 of 4 people found the following review helpful. for my motherBy Thomas A. OettingGreat book! I am a general ophthalmologist and read this book and found it very helpful in my understanding of the various treatments and vitamin therapies for macular degeneration. I then gave a copy to my mother who has severe macular degeneration. She loved the book and found it very useful reading it before her last retina evaluation. I applaud Dr Folk and Wilkinson for their work on this great and hopeful guide for patients with this frustrating disease.5 of 5 people found the following review helpful. Important information, easy to readBy MarieThe authors of this book are very knowledgeable on the subject but they have managed to write a book that is not over my head. It has some important information for all ages on how to prolong the life of your eyes. I would recommend this book, not only for those who are already at risk for age related vision loss, but for parents who want to teach thier children good habits now so they will be able to see as clearly, and for as long, as possible.

James Folk, MD and Mark Wilkinson, OD are professors at the University of Iowa. They are experts in the field of macular degeneration, and they are not being paid by anyone to recommend anything. They treat patients with age-related macular degeneration almost every day, perform research that explores the causes of AMD, attend scientific meetings, participate in treatment trials, and promise to tell you the straight scoop. They will tell you what scientists and doctors all over the world know about this disease, and, just as importantly, what they don't know. The first three chapters describe AMD along with the latest science which yields clues to what causes it. You need to understand the disease in order to fight it. The last six chapters tell how you can fight back to save your vision. They will talk about changing your lifestyle, eating the right foods, and taking multivitamins with zinc along with other medications which may reduce the risk of vision loss. They will discuss the latest treatments for the wet form of AMD, including new ones that have not yet been approved but show promise. They will also talk about how to maximize your remaining vision and live as full a life as possible. You can fight back to save your sight. Drs. Folk and Wilkinson will tell you how. Endorsements "The field of age-related macular degeneration is exploding with new research and treatments. It is impossible for patients, or even eye doctors, to keep up on the latest findings and treatments. Drs. Folk and Wilkinson are experts in this field and have the exceptional ability to communicate difficult information in a simple, straightforward style. This is a great book on AMD for the patient and eye care provider and I highly recommend it." - Edwin Stone, M.D., Ph.D., Professor of Ophthalmology, Howard Hughes Medical Investigator, University of Iowa "Even though I've had macular degeneration for more than ten years, your book taught me a lot of new information. It's very easy to read and understand. I liked the glossary because I can look things up and get my questions answered quickly. I thought the video was excellent to actually see what patients like me go through. I think everyone who has this disease, (and their families and doctor), would benefit from this book. Thank you for sending it to me." -RM, a retired teacher and patient with age-related macular degeneration "I'm a busy vitreoretinal specialist and see many patients with age-related macular degeneration. This book presented the latest on research, medical and surgical treatment, and low vision. It also explained where the research and treatment was going in the coming five years and how to keep up-to-date with the new findings. I recommend this book to anyone who takes care of patients with AMD. The book will be especially valuable to my patients who can learn what to do to reduce their chance of losing vision and improve their quality of life." -Denise L. Kayser, MD, North Bay Vitreoretinal Consultants

I think everyone who has this disease, (and their families and doctor), would benefit from this book. -- RM, a retired teacher and patient with age-related macular degenerationThe book will be especially valuable to my patients... -- Denise L. Kayser, MD, North Bay Vitreoretinal ConsultantsThis is a great book on AMD for the patient and eye care provider and I highly recommend it. -- Edwin Stone, M.D., Ph.D., Professor of Ophthalmology, Howard Hughes Medical Investigator, University of IowaAbout the AuthorDr. James Folk is a Professor in the Department of Ophthalmology and Visual Sciences at The University of Iowa and a graduate of the Iowa Summer Writers Workshop. He is a world renowned clinician, educator, and researcher in the field of age-related macular degeneration and has written over 125 scientific papers and books. Dr. Mark Wilkinson is an associate professor in the same department. He is secretary of the Executive Committee of the American Optometric Association's Low Vision Rehabilitation Section. He has published extensively and spoken all over the globe concerning issues related to visual rehabilitation. Together,

Drs. Folk and Wilkinson provide current information about the diagnosis, treatment and management of macular degeneration.