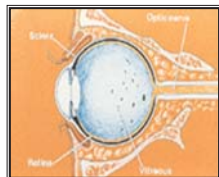


MEDICAL



Dr. Mark D. Fromer is a board-certified ophthalmologist since 1988

Flashers , Floaters



Although most flashes and floaters occur in people with healthy or merely near-sighted eyes, they can be

symptoms of serious problems including injury and retinal and posterior vitreous detachments. Flashes in vision are caused by pressure on the retina, the bundle of nerves in the back of the eye where images are detected and transmitted to the brain. Floaters are often seen when fibers move within the vitreous humor, the gelatinous substance made of water and protein fibers that fills the eye.

Serious vision loss can occur if the retina or vitreous detach from the eye wall. Patients experiencing flashes and floaters should contact their doctor immediately so an examination can be performed.



A retinal detachment can occur by creating a tear in the retina shown by the arrow. The tear occurs as the vitreous jelly pulls the retina while detaching from the retina. Fluid inside the eye goes through the newly created hole (see arrow) and the fluid pulls the rest of the retina off the back of the eye (Retinal Detachment)

move around, especially with eye movement.

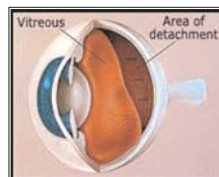
As the vitreous continues to detach, these floaters usually settle to the bottom of the eye and become less bothersome. Sometimes, it takes several months for the symptoms to improve.

There is no medication, glasses, or surgery that will make these symptoms improve faster.

Rarely, the retina behind the vitreous can be pulled as the vitreous detaches producing a "retinal detachment" or a tear in the retina. This could require laser or other surgical treatment to prevent the tear from enlarging and pulling the retina away from the back of the eye, which would require more extensive treatment. Your retina should be examined if you have any of the following symptoms:

1. Onset of floaters or increase in number of floaters.
2. Any association with flashing lights in your peripheral or "side" vision, or an increase in flashing lights.
3. A black curtain covering your peripheral vision and coming from above, below, or from the side. You can check each eye by covering one eye at a time.

Vitreous Detachment & Floaters

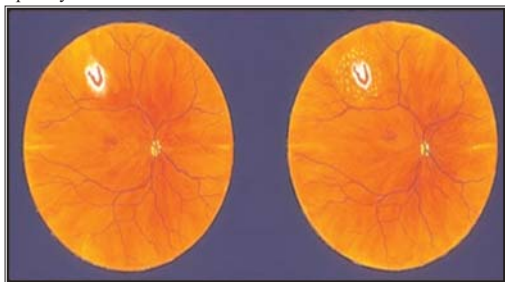


The vitreous jelly has pulled away from the retina in the back of the eye.

The center of the eye is filled with a jelly-like substance called "vitreous". At a young age, this substance is very thick with a consistency somewhat like "Jell-o". As a natural process of aging, the vitreous becomes more liquefied as one gets older.

The vitreous is usually completely attached to the retina, which is the seeing membrane in the back of the eye.

As the vitreous becomes progressively liquefied, it begins to move around inside the eye. Eventually, the vitreous becomes so loose that it "pulls away" from the retina behind it. This is called a "vitreous detachment" and is a result of a natural process of life. Some people get this in their 30's and 40's but usually the process occurs after age 50.



Sometimes tears in the retina are treated with laser surgery. At the left, a retinal tear is present shaped like a horseshoe! At the right, laser application surrounding the tear seals down the tear preventing it from getting bigger and allowing for resorption of fluid beneath the retina

As the vitreous pulls away from the back of the eye, sometimes small pieces of the vitreous "break away" and float inside the liquefying jelly. These are "floaters" and appear as black spots or specks in your vision that often

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Medicinal Herbs

Amaranth

Scientific name: *Amaranthus spp.*

Medicinal value

It is best to treat stomach flu, diarrhea, and gastroenteritis. This herb is also helpful in stopping menstruation and for contraception. It reduces tissue swelling caused due to sprains and tick bites when applied externally. It is advisable not to be used by pregnant or lactating women.

Religious importance

Amaranth is associated with immortality and is used to decorate god and goddesses. It is also used to repair broken heart. Woven into a wreath, it is said to render the wearer invisible. Also used in pagan burial ceremonies.

Angelica

Scientific name: *Angelica archangelica*

Medicinal value

It is a herbal tea that is used to treat colic, gas, indigestion, hepatitis, and heartburn. It is also a remedy for afflictions of the respiratory system, liver problems and digestive difficulties. This herb also promotes circulation and energy in the body, often stimulates circulation in the pelvic region and also stimulates suppressed menstruation. It is advisable not to be used by pregnant women or diabetics.

Religious importance

If grown in garden it is believe this herb protects the garden and home. The leave is burnt to banish evil and root is used as pro-

TECTIVE amulet. It is also used to lengthen life and for protection against diseases and spirits. Adding it to a ritual bath will break spells and hexes.

Anise

Scientific name: *Pimpinellaa anisum*

Medicinal value

Like angelica this herb is good for the treatment of colic, gas, and indigestion. It is a trusted remedy for cough being the mildest of the herbs used for these purposes.

Religious importance

It is believed that if anise is blended with bay leaves it provide an excellent bath additive prior to ritual. Anise grown around the home keeps off evil and is it is placed in the sleeping pillow at night it chases away nightmares. Also in most parts of the world anise seed head is hanged on the bed pot to restore youth.

Apple

Scientific name: *Pyrus spp.*

Medicinal value

It is used to treat constipation, lower cholesterol level, cures heart diseases and prevents infection if rubbed after crushing apple leaves on fresh wound.

Religious importance

It is used as a healing incense and an offering on samhain to the dead, since it is a symbol of immortality. Apple blossoms are used in love as well as gift for everlasting love. Apple wood is used to make magical wands.

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