

MEDICAL

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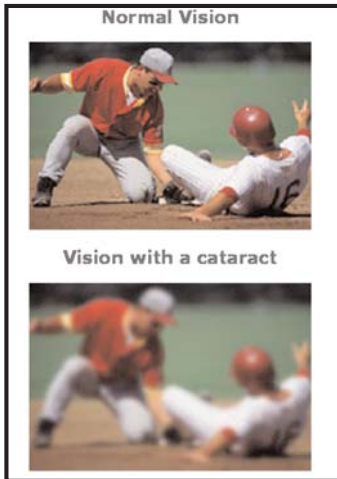
Dr. Mark D. Fromer is a board-certified ophthalmologist since 1988

New Technology in Cataract surgery

What is a Cataract?

Cataract is clouding of the natural lens of the eye. The most important factor in cataract formation is increasing age, but there are additional factors, including smoking, diabetes, and excessive exposure to sunlight. It can also be present at birth or be caused by injury to the eye. More than 20 million Americans over the age of 40 have cataract, and it is the most frequent cause of preventable blindness in the world. While a comprehensive eye examination by an eye care practitioner can determine for certain if you have a cataract forming, there are a number of signs and symptoms which may indicate a cataract;

- Blurred or hazy vision where colors may seem yellowed
- A tendency to become more near sighted
- A gradual loss of color vision
- The feeling of having a film over the eyes
- An increased sensitivity to glare, especially at night



Treatment

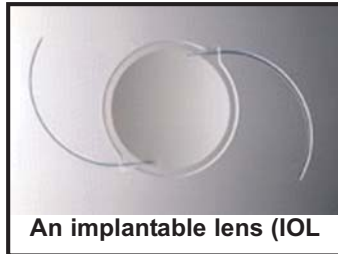
The existence of a cataract does not necessarily mean you need surgery. A cataract needs to be removed only when vision loss interferes with your everyday activities, such as driving, reading, or watching TV. The decision to have cataract surgery is one that you and your eye doctor should make together.

Cataract Surgery is a common outpatient procedure and it is one of the safest and most successful surgical procedures. During the cataract surgery the cloudy natural lens is removed and replaced with a clear synthetic lens called IOL (intraocular lens) to restore vision. Until recently, the only option was a fixed-focus lens, typically designed for far-away distances, which left the patient needing reading glasses to see up close. New multifocal lenses are now available that allow cataract patients to see near, far, and in

between without wearing glasses. Since the multifocal lenses are relatively new, not all cataract surgeons are trained to implant them.

What is the ReSTOR Intraocular Lens?

AcrySof® ReSTOR® is the first and only IOL (intraocular lens) that provides cataract patients with and without presbyopia a quality range of vision. In clinical trials, 80 percent of patients reported "never" wearing reading glasses or bifocals following bilateral cataract surgery. The vast majority of patients who undergo cataract surgery today receive traditional IOLs, which typically require patients to use reading glasses or bifocals for near vision following surgery. The AcrySof® ReSTOR® lens is a fold-



able IOL that represents breakthrough technology because of its unique, patented optic design, which allows patients to experience the highest level of freedom from glasses ever achieved in IOL clinical trials. It does not rely on the muscles, which weakens with age, to enable the eye to quickly change focus to see objects at near, intermediate and far distances. This allows 80 percent of cataract patients with and without presbyopia (age-related vision loss) the ability to see clearly without the aid of glasses or bifocals.

It is important to understand that while ReSTOR is a new technology, intraocular lenses are not new. Lens implant surgery for cataracts is the most commonly performed surgery in the U.S. and has been performed for more than two decades. However, for years medical researchers have been eager to find a lens that would not treat cataracts but give patients the range of vision they wanted. Until recently, the only lens implant available was a "monofocal" lens that accommodated sight at a fixed distance, typically medium range. ReSTOR works by diffractive and refractive properties which allow an exceptionally high degree of freedom from any form of corrective eye glasses.

Next Issue will have Questions & Answers on Cataract
For more information, please visit:
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Smoking major cause of TB deaths

MUMBAI: Taking cue from last week's WHO warning about tuberculosis (TB) killing 1.7 mn people in India and China in 2006 alone, anti-tobacco campaigners once again reinforced that smoking was the main cause for spreading tuberculosis and causing deaths.

Says Dr. P C Gupta of Healis Sekhsaria Institute for Public Health, "Smokers seem to have higher propensity (to TB) and suffer much worse consequences. In India smoking was causing TB and killing more people than lung cancer."

When the Indian researchers looked at effect of smoking, the findings revealed that 40 percent of TB deaths were among men and it happened because of smoking, informed Dr Gupta.

While it's true that TB is more common among the lower socio economic strata because of over-crowding and poverty, the common use of smoking and tobacco, played a major role in the spread of the disease which is swelling despite the fact that there's a cure available for it.

So, why are people dying of a curable disease TB in the 21st century?

The government controlled programmes are lagging behind, feel experts. "It has not been 100 percent successful," concurs Dr Gupta. He adds, "TB was controlled in the developed countries in the 50s and the 60s. But in India factors like population density, lack of resources and improper access to health care systems leave a lot to be desired."

Clove of garlic to beat Tuberculosis

Multi-drug-resistant tuberculosis (MDR-TB) is a form of TB that is resistant to two or more primary drugs used for treatment. An estimated 13,000 Indians die every year of MDR TB. Annual TB death toll is 500,000.

Why does MDR TB occur?
 • A TB patient is put on one of the primary antibiotics
 • The patient does not complete the course
 • The bacteria is exposed to the antibiotic but not killed
 • It mutates to develop resistance
 • The attribute is then passed on at the time of replication

How garlic helps?
 A highly usable, compound allicin present in garlic is acted upon by an enzyme, released when garlic is crushed or chewed. Allicin becomes Allicin. It is a potent anti-oxidant

What does allicin do?
 Allicin acts on the replication pathway of the bacteria inside blood cells. It reduces the production of reactive oxygen species through various ways to stop the bacteria from multiplying

Doctors agree that to some extent the fear of stigma attached to the disease is one of the causes for the spread of the disease. "At the time of conducting research work we find that people do not like answering to direct questioning about TB. And this is true of all levels of people, regardless of age and socio-economic status."

Also, there have been wrong (and at times wilful) diagnoses by quacks, whom the poor or illiterate approach for treatment. However, this is something most medical experts are not willing to talk about, openly.

The best prevention of TB is timely and wide detection and proper treatment. According to Dr Gupta, there have been good reports of the strategy of DOT (the government of India's tuberculosis control programme) and thinks TB must be treated on the spot.

With the detection process made more efficient, India can rid itself of TB, just like the western countries have achieved, feel medical experts.

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