

On July 10th, 2006 WB11 News interviewed Dr. Mark Fromer regarding the latest research on cigarette smoking, macular degeneration and its contribution to blindness in America.

"Smoking specifically can damage the blood vessels and the tissues of the retina which are extremely vascular. In addition there can be decreased oxygen, which can damage the retina as well. People who stop smoking still have an increased risk of developing macular degeneration. Right now we eat a lot of processed foods leading to obesity. We need to eat omega three fatty acids to reduce tissue damage allow more oxygenation to our tissues and to help repair the cells in our body," said Dr. Fromer.