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Newsletter from the Macular Degeneration Foundation, Inc.
P.O. Box 531313 Henderson, NV 89053
<http://www.eyesight.org>

DARK RESTAURANTS

By Liz Trauernicht

For a severely visually challenged person, “eating out” may not always be a pleasant experience. Many restaurants use dim lighting for ambiance or to create a “romantic atmosphere”. Restaurant owners may not be aware of this inconvenience to a visually challenged person. If possible, restaurants should provide well-lit areas on request. Also, there should be plates that show a good contrast between the food and the plate. We are wheelchair accessible, why not eye-care accessible as well?

What can you do? Ask for a comment card when you go to a restaurant that does not provide adequate lighting for visually challenged clients and suggest that a lighted area would be appreciated. Also when ordering, ask if your food could be served on a black or colored plate to offer contrast. Many restaurants do not realize that a few changes could make a huge difference for their clients with extreme low vision problems.

LOW GLYCEMIC DIET

By Liz Trauernicht

Many of our subscribers have a diabetic condition in addition to their MD. Because I have been asked about low glyceemic food lists or

diets, I found this article interesting and hope it will answer some questions for our diabetic population.

This article is from: A research communication published in the American Journal of Clinical Nutrition in July 2007.

“The results from the published study warn against a high dietary glycemic index. The glycemic index is a rating of foods containing carbohydrates (sugars), and how quickly they are digested and moved out of the stomach. Foods that are digested very quickly can cause a sudden spike in insulin levels, and put unwanted stress on blood vessels.

In this study article entitled, ‘Association between dietary glycemic index and age-related macular degeneration in non-diabetic participants in the Age-Related Eye Disease Study’, information was obtained from 4,099 participants age 55-80 years old. The study concluded that, ‘There was a 49% increase in the risk of advanced AMD (geographic atrophy [death of retinal cells] plus neovascularization. [growth of new blood vessels]) for persons with a high dietary glycemic index. This result indicated that 20% of prevalent cases of AMD would have been eliminated if the AREDS participants consumed diets with a dietary glycemic index below the median.

Several popular diets now being highly publicized, such as the, “South Beach Diet”, stress the importance of a low glycemic index. Below is a list of foods with low glycemic index:

Fruits: apples, bananas, blueberries (fresh), cherries, grapefruit, oranges, green grapes, pears, plums, prunes, raspberries, tomatoes

Vegetables

asparagus, beans (all), broccoli, cabbage, celery, garden beans, mushrooms, lettuce, onions, garlic, peppers, spinach, squash

Low GI carbs:

bread: whole wheat, multi-grain, pumpernickel, rye, sourdough, oatmeal
 cooked couscous, whole grain crackers, cooked oatmeal, pasta, cooked al dente green peas, split peas or black-eyed peas, whole grain pita, 6" small whole grain bread roll

Other foods: barley, dairy products, egg noodles, eggs, meat, nuts, steelcut slow-cooked oatmeal seeds, wheat

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“Diet Linked to Macular Degeneration”

<http://www.masslive.com/>

Published on September 26, 2007

“Some studies suggest that those who follow diets rich in the antioxidants lutein and zeaxanthin have a lower risk of developing AMD.

Lutein can be found in yellow peppers, mango, bilberries and green leafy vegetables such as kale, spinach, chard and broccoli.

Zeaxanthin can be found in orange sweet peppers, broccoli, corn, lettuce (not iceberg), spinach, tangerines, oranges and eggs.

Vitamins A, C and E are found in various fruits (such as oranges, kiwis, grapefruit and dried apricots) and also in green leafy vegetables, tomatoes, peppers and raw carrots. They can also be found in nuts, seeds, dairy products and eggs.

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CONTACTING MDF

To speak to a support representative directly, you may call 1-888-633-3937. If you reach our voice mail, please speak slowly and distinctly.

ORDERING BOOKS & TAPES

When purchasing items from Amazon.com, please remember to use the MDF search box located at <http://www.eyesight.org/Books/books.html> . By simply originating your search from our website, Amazon rewards the Foundation with a small commission from each product you order. Thank you.

MAKING CONTRIBUTIONS:

Please make checks payable to Macular Degeneration Foundation, Inc., P.O. Box 531313, Henderson, Nevada 89053, or you may use your credit card on our web site <http://www.eyesight.org/Donations/donations.html> . Your contributions make our services available as a support system for macular degeneration patients in the following ways:

1. We provide toll-free lines for personal contact assistance.
2. We mail brochures and other printed materials upon request.
3. We support an award-winning web site that provides the latest up-to-date information.
4. We fund research proposal grants to provide therapies for both the wet and dry form of AMD. Contributions marked "research" are used 100% for research.

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MDF was founded in 1992 by Edmund J. Aleksandrovich Ph.D (a victim of macular degeneration). It provides MD patients and their families with the information necessary to understand the disease, the latest news concerning ways to cope with the disease, and supports the efforts of researchers to find a cure.

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