



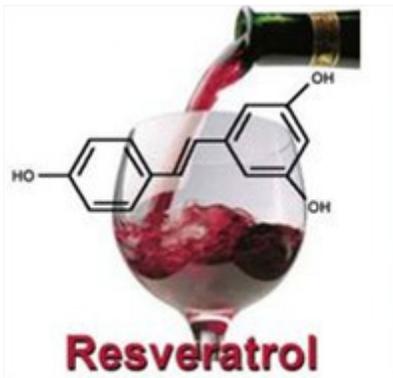
The Magnifier

Issue #80 Sept - Oct, 2010

RESVERATROL

Resveratrol has already been shown to be a promising all-around anti-aging substance, but recent studies are showing great potential for preventing and even treating a host of other diseases and conditions. Resveratrol may work in extending life by modifying DNA and by protecting life by eliminating disease. In either case, most people would be happy to add years to their life expectancy.

A recent study at Washington University's School of Medicine in St. Louis has demonstrated that resveratrol, which is a substance found in grapes, wine, berries and some nuts has shown to be effective in treating and even reversing diabetic retinopathy and age related macular degeneration.



Diabetic retinopathy, in particular, is characterized by abnormal, often out of control growth of the tiny blood vessels in the eyes. These abnormal blood vessels are prone to leaking blood into the retina, causing damage to eyesight. The study showed resveratrol was effective at preventing the growth of these abnormal blood vessels. Much more extraordinarily, the scientists made a stunning find that will offer hope to the millions facing these diseases of the retina, who have not had much success in treating the disease with current treatments like laser surgery. Amazingly, resveratrol was shown to actually cause the abnormal blood vessels in the eye to begin to disappear, which was traditionally not thought to be possible. This particular study was done on mice.

HOW DOES RESVERATROL WORK? By giving the body better DNA. Our chromosomes are capped with telomeres (like the plastic cap on a shoelace). Each time a cell divides, its chromosomes do, too, and telomeres shorten. When they get too short, the cell dies or becomes vulnerable to disease. There's nothing more natural than marshalling the body's own defenses to treat and heal itself, and that is precisely what longevity genes like SIRT1 do. SIRT1 is the gene that resveratrol activates.



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According to research published in The Journal of Clinical Endocrinology & Metabolism, resveratrol also appears to suppress inflammation which has been identified as one of the major components of macular degeneration. Abnormalities in the complement cascade that create a pro-inflammatory environment affect the degeneration in the cells in the retina. And yet another study showed benefits for diabetes and obesity!

SHOPPING FOR VEGGIES? LOOK FOR COLOR!

Colors come from phytochemicals. Phytochemicals, found in lettuce, carrots, beetroot and bell peppers, help reduce free radical damage and oxidation to DNA. Vitamins A, E and riboflavin (B2) are the predominate nutrients helpful for eye health, foods can offer a variety of nutrients that help the eyes. Lettuce, has a high amount of magnesium, lutein and vitamins A and B complex. Lutein protects against free radicals, and vitamin A helps the viewing of objects in dim light. Green beans are a good source of vitamin C, vitamin A, protein and manganese and carrots offer more than a day's requirement of vitamin A. Vitamin A is known to prevent cataract and protect the eyes from blindness associated with macular degeneration. All varieties of bell peppers contain the carotenoid zeaxanthin and vitamin C, which both help the macula, the screen on which the images captured by the eye are focused. To round out the plant kingdom colorful fruits and vegetables contain anthocyanosides, which are great for eye health. The darker the plant, the more anthocyanosides it contains. Avocados are one of the most nutrient dense foods that exist. They contain more lutein than any other fruit, which is important in the prevention of macular degeneration and cataracts. They are also a great source of other important eye nutrients, such as vitamin A, C, B6 and E.

FLUID PATTERNS OF BALANCED POSES FOSTER STRENGTH, FLEXIBILITY, AND PEACE OF MIND

"Marj Sutherland, 78, leads a group at the Taoist Tai Chi Society in Vancouver. Sutherland, legally blind from macular degeneration and a breast cancer survivor, credits tai chi with keeping her 'in a positive place.' Although she has macular degeneration and can't see anything directly in front of her, this tai chi instructor — who didn't know what tai chi was until she tried it at 64 — exudes energy, warmth and humour.

Sutherland's blindness came on suddenly when she was 66. "I woke up one morning to look at the clock and see what time it was and not only could I not see the time, I couldn't see the clock," she said. "And the entire room was just distorted and just moving around. I knew within a minute that I wouldn't drive again. I can't read. The edges of everything move. After a minute the letters all break up and they are just not there. But tai chi, I could do."

Sutherland teaches at a local branch of the International Taoist Tai Chi Society. Founded in Canada, the society has 40,000 members in 26 countries and celebrated its 40th anniversary August 14th." (As reported by Jenny Lee, Vancouver Sun August 9, 2010) Photograph by: Jenelle Schneider, Vancouver Sun, Vancouver Sun.



DR. HAIM LEAVES US IN THE DARK

Last year we informed the readers of The Magnifier that researchers in London (Arden, et al., "Spare the Eye and Spoil the Retina"), strongly advised leaving a night-light on during sleep. This procedure can reduce the amount of oxygen consumed by the retina.

However, more recent research has revealed a more important phenomenon which occurs if we sleep in complete darkness.

Dr. Abraham Haim, at the Israeli Research Center for the Collaboration of Photochronobiology, reported in Sept., 2010, that complete darkness during sleep allows the retina to produce much more melatonin. Historically melatonin was thought to be a hormone produced in the pineal gland of the brain which only controlled sleep patterns. Now it is understood that melatonin is a powerful antioxidant which protects the DNA of many different cells of the body including the retinal. DNA is the blue print for the cell's survival, and damage to the DNA is a leading cause for the progression of macular degeneration.

In normal sunlight (white light), which is composed of the colors of the rainbow, the blue wavelength can suppress the production of melatonin in the retina.

We have been urging our readers to wear protective eyewear to block these deleterious blue rays. Dr Haim reinforced this fact.

A quick review of our new "game plan" of conservative care to limit the advance of AMD will include:

- No smoking
- A diet rich in yellow, red, orange, and leafy-green vegetables
- Taking a good eye vitamin which includes zeaxanthin and lutein
- During sleep, limiting as much light as possible from entering the eyes,(this might require room-darkening window treatments, or a sleep-mask)
- Reducing the stress in our lives (exercise is a good stress reducer)
- Wearing sunglasses which block the ultra violet and blue rays of the sun

A survey by the American Optometric Association found two-thirds of Americans do not even consider UV protection when buying their sunglasses. If you want more information how to find an affordable product with the most protection please call 1-800-924-4393



PISTACHIO'S: THE LATEST RAGE FOR THE HEALTHY SHOPPER!

Pistachios may be small but they are jam packed with antioxidants - the highest level of all snack nuts! They are rich in several vitamins and minerals, including selenium and iron. They are also low in calories. One ounce (49) equals about 160 calories equivalent to eating 23 almonds or 18 cashews. One serving has 3 grams of fiber, loads of vitamin B6, more potassium than any other nut and beta-carotene galore. They also have something almost no other nut on that chart has: lutein (342 micrograms per one ounce of nuts).

FENRETINIDE FOR DRY AMD STILL SHOWING POSITIVE RESULTS

ReVision Therapeutics, Inc. announced on September 1, 2010 that data from a Phase 2b trial show that fenretinide (RT-101) reduced the incidence of choroidal neovascularization (CNV, wet age related macular degeneration) by about 50 percent in patients with geographic atrophy (GA), the most advanced form of dry AMD. The data, presented by Alexander M. Eaton, M.D., at the Annual Meeting of the American Society of Retinal Specialists, also showed a trend for reduced GA lesion growth rates in patients receiving fenretinide. Fenretinide is the first oral therapeutic to complete a Phase 2 trial in GA

patients. Full analysis of all lesion size measurements is ongoing. The complete data will be presented at the 2010 annual meeting of the American Academy of Ophthalmology.

SOLIRIS TRIALS RECRUITING FOR TREATMENT OF DRY AMD

A drug used to treat a very rare blood disorder is being tested by Alexion Pharmaceuticals for treatment of dry macular degeneration. This is another in a growing list of drugs under study for this type of AMD. For a summary of the research, see www.mdsupport.org/library/treatments.html. Called Soliris (eculizumab), the antibody binds to the C5 complement protein, blocking its cleavage by the C5-convertase enzyme and inhibiting the disease progression in its early stage. Alexion is also conducting various Phase II clinical trials on Soliris for the treatment of several other diseases, including dry AMD. The study is being done at the Bascom Palmer Eye Institute School of Medicine under lead researcher, Philip Rosenfeld. The clinical trial is recruiting patients.

NEW LED TASK LAMP DEVELOPED SPECIFICALLY FOR LOW VISION SENIORS

After almost 10 years of research, MD Support has joined with Berryessa Designs to create the first task lamp created specifically for seniors with low vision. The result is a lamp based upon current science and designed with input from hundreds of patients and leading eye care professionals. The best and safest type of lamp illuminates the viewing surface brightly and evenly, while providing the best contrast between black and white (i.e. "warm white" light). The fixture itself should be portable, easy to manipulate, sturdy, and safe to touch while operating. It should also be attractive, inexpensive, durable, and economical to operate.

MD Support recently challenged Mike Ju, CEO of Berryessa Designs, to see if he could meet all of those requirements, and over the past year, the "Junior" LED task lamp was born. All qualified facilitators of IMDSG groups have received a complimentary lamp to show to their members. And, by special arrangement with Berryessa Designs, every member who orders a lamp will receive 50% off retail, plus free shipping and handling. "We finally have a lamp we can trust," said Dan Roberts, MD Support Director. "Not only is it very affordable (\$70 for IMDSG members), but it meets all requirements for best vision and eye health." For more on that, read Robert's paper, "Artificial Lighting and the Blue Light Hazard: The Facts About Lighting and Vision," at www.mdsupport.org/library/hazard.html. To learn about the "Junior" LED task lamp and how to order, call Mike Ju at (408) 966-2438.



ARE GENETIC TESTING KITS VALID FOR AMD?

Commercial advertising is beginning to appear for a variety of genetic testing kits on the market. Be advised that not enough is yet known about the pathology of AMD to give these tests unassailable validity. Scientists still have much to learn about environmental and behavioral influences on AMD development before predictions can be made based upon such generalized tests. There is value, however, in going through a genetics counselor at a reputable hospital-based clinic, or at least sharing the results of a home test with such a professional.

CUTTING CARBS MAY REDUCE RISK OF CATARACTS!

Women who ate an average of 200 to 268 grams of carbohydrates each day were more than twice as likely to develop cortical cataracts than women whose meals provided between 101 and 185 grams by day's end. That's according to the ARS-funded scientists at the ARS Jean Mayer USDA Human Nutrition Research Center on Aging at Tufts University, Boston, MA. The recommended daily allowance

for carbohydrates for adults and children is 130 grams.

ATTITUDE DETERMINES ALTITUDE

Did you know the primary cause of disease is bad thoughts? Whatever you hold in your mind will and can affect the health of your body.

Hatred, longstanding bitter jealousy, corroding anxiety, fits of hot temper actually destroy the cells of the body and induce disease.

This throws poisonous chemical products into the blood and produces general shock and depression. It also suppresses the secretion of gastric juice, bile and other digestive juices

This invisible enemy will drain away your energy, and will affect the most vulnerable organ. In this case the eye.

WAYS TO MAINTAIN A POSITIVE ATTITUDE:

Laughter is the best medicine. Laughing creates endorphins which combat stress hormones. Your body cannot initiate stress hormones and endorphins at the same time!

Spend as much time as possible outside in the fresh air. Connect with nature to experience a natural healing.

Choose to be around positive people who are fun and creative.

Identify and release the bonds of negative emotions before they rob you of your portion of daily happiness.

Do something everyday for yourself

Do something everyday for someone else!

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.

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>. 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.