

FOR IMMEDIATE RELEASE

HEALTHY EATING HABITS PLAY A ROLE IN EYE HEALTH

Randolph/Mattapan, MA – March 13, 2009 - In honor of Save Your Vision Month, celebrated each March, the doctors and staff at Randolph Eye Associates and Vision Specialists (www.randolpheye.com) remind residents in the South Shore and Greater Boston about the importance of healthy eating habits for optimum eye health.

More than 22 million Americans suffer from cataracts and age-related macular degeneration (AMD), the two leading causes of visual loss and blindness. “Because cataracts require costly surgery and treatment options for AMD are currently limited, preventive measures play a particularly important role in maintaining good eye health,” said Dr. Ronald M. Cline.

Based on research by the National Eye Institute, in addition to countless clinical trials, studies and surveys, there is a positive correlation between good nutrition and the prevention of AMD and cataracts. Studies have suggested that by eating foods rich in six nutrients -- antioxidants lutein and zeaxanthin, beta carotene, vitamin C, vitamin E and zinc -- you can protect your eyes from disease. In other words, healthy eating habits can mean healthy eyes.

So, what type of foods are EYE HEALTHY? If you are familiar with the link between carrots and good eye health, then you have done some homework. Let’s explore other foods that can benefit your eyes. These are foods that contain the six key nutrients for eye health.

Most fruits and vegetables are great sources of **vitamin C**, including oranges, grapefruit, strawberries, papaya, green peppers and tomatoes.

Vitamin E is more difficult to obtain from food sources, since it is found in very small quantities. However, good food sources include vegetable oils (safflower and corn oil), almonds, pecans, wheat germ and sunflower seeds.

Beta-carotene is present in dark green leafy vegetables (spinach!), deep orange or yellow fruits (carrots, mango, sweet potatoes, cantaloupe, apricots, and peaches), vegetables and fortified cereals.

Lutein and **zeaxanthin** are found together in many food sources. Dark green leafy vegetables are the primary sources of lutein and zeaxanthin (kale, collard greens and spinach), but they are also present in lesser amount in other colorful fruits and vegetables, such as broccoli, orange peppers, corn, peas, persimmons and tangerines.

Good food sources of **zinc** include meat, liver, shellfish, milk, whole grains and wheat germ.

Eating healthy for your eyes could be the most promising means of protecting your eyes from AMD and cataracts. In addition, planning menus rich in the nutrients described above can mean better overall health for you and your family. Consider eating eye healthy foods and gain benefits for your whole body.

Randolph Eye Associates, Inc. (www.randolpheye.com), your primary eye care optometric practice, and Dr. Ronald and Barbara Cline are celebrating 25 years providing the South Shore community with the most comprehensive, professional state of the art eye care in the South Shore. Randolph Eye Associates recently expanded the office to better serve the community. With the latest technologies, along with fully handicap accessible exam rooms and a larger and more comprehensive optical boutique makes Randolph Eye Associates one of the most progressive optometric practices in the Greater Boston.

Randolph Eye Associates, located in Randolph Massachusetts, across from Randolph High School provides comprehensive eye care for the entire family. All the doctors specialize in contact lenses, pediatric, low vision, dry eye diagnoses and treatment as well as your general primary eye care. Randolph Eye Associates is a TLC Laser Eye Centers Affiliate. The Boston office, Vision Specialists, is located on Blue Hill Avenue in Mattapan Square. Randolph Eye Associates takes almost all major medical plans and have nights and Saturday appointments.

Randolph Eye Associates has continued to stay abreast of the latest in technologies that will provide your family with all-inclusive eye care. With the latest diagnostic technologies, glaucoma tests, and with the latest ophthalmic lens design, Randolph Eye has the ability to fabricate glasses to maximize every patient's visual requirements. Randolph Eye continues to be in the forefront of optometric diagnostic modalities and to provide one of the most comprehensive exams in the South Shore.

###

The American Optometric Association, founded in 1898, represents more than 34,000 doctors of optometry, optometry students and paraoptometric assistants and technicians in more than 7,000 communities across the country. Optometrists examine, diagnose, treat and manage diseases and disorders of the visual system, the eye and associated structures as well as diagnose related systemic conditions. The mission of the profession of optometry is to fulfill the vision and eye care needs of the public through clinical care, research and education, all of which enhance the quality of life of patients.