



Dr. Friedman with Fox's George Mallet discussing Diabetes and the Eye

Focus on the New Year

During the holiday season, many people overindulge in sweets and alcohol, deciding to worry about the consequences later. For people with diabetes, however, the consequences of eating poorly and drinking too much alcohol can have a devastating effect on their health – including their eyesight.

According to Dr. Kimberly Friedman of Moorestown Eye Associates, nearly 20 million people have diabetes -- and one-third of them don't even know they have it. One of the first clues for detecting diabetes is unexplained blurred vision or temporary changes in the patient's eyeglass or contact lens prescription. That is one of the reasons why optometric physicians are frequently the first lines of defense towards detecting diabetes.

Type 1 diabetes usually strikes children and young adults and accounts for 5 to 10 percent of all diagnosed cases of diabetes. Type 2 diabetes, also known as adult-onset diabetes, accounts for 90-95 percent of all diagnosed cases. The number of people diagnosed with Type 2 diabetes has been rising at epidemic proportions, mostly as a result of the dramatic increase in obesity among Americans. Currently, 60 percent of Americans are overweight and 25 percent are considered obese. What is especially frightening and of most concern is that obese children now have diseases, such as Type 2 diabetes, that used to occur only in adults

“This time of year, while many of us are making our New Year's resolutions, we need to take steps to avoid the consequences of the holiday eating habits. It is time to re-focus our energies towards maintaining a healthy diet and exercise program,

quitting smoking, and having a regular comprehensive physicals and eye examinations.”

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