



## LIFESTYLE RECOMMENDATIONS TO PREVENT EYE DISEASE

1. Eat a plant based, “Mediterranean” or “Paleo” type diet containing a variety of colorful fruits & especially vegetables, a handful of walnuts or pistachios daily, cold water fatty fish (wild salmon or sardines) at least twice per week. Kale, romaine lettuce, collards, turnip greens and spinach are good choices. Broccoli, peas and eggs are also. Increase daily fiber consumption to at least 25 grams. Eat real food – not too much – mostly plants.
2. Eat 1/2 cup of fresh or frozen berries and drink 3 ounces of 100% pomegranate juice each day (significantly reduced atherosclerosis in one study).
3. Minimize saturated fats (red meat, cheese) and all trans fats (all packaged foods containing hydrogenated oils). Avoid nitrate/nitrite preserved meats that ↑ diabetes
4. Minimize “white” foods like white bread, white rice, potatoes and pasta. Keep added sugars less than 25 grams daily and eliminate high fructose corn syrup; promote good gut health by eating fermented foods (sauerkraut, yogurt, pickles) and avoiding saccharin & aspartame; take a prebiotic/probiotic with oligofructose.
5. Don’t smoke – smoking dramatically increases the risk of macular degeneration, the leading cause of permanent vision loss, as well as diabetic retinopathy, cataract, glaucoma and, of course, lung disease & cancer
6. Take a broad spectrum multivitamin & mineral supplement that contains 12 mg of combined lutein and zeaxanthin; capsules are better absorbed than tablets; do not take supplements with beta-carotene, especially if you smoke or used to smoke. Ask your eye doctor to recommend a specific, science-based eye vitamin.
7. Take omega-3 fatty acid (fish oil) daily with a total EPA + DHA = 2000mg.
8. Get your Vitamin D levels tested – deficiency is widespread and associated with diabetes, obesity, cancer, and MS. Take at least 2000 IU of Vitamin D3 daily to achieve a serum 25-OH vitamin D score of 50-60 ng/ml (this test is available for home use at [www.grassrootshealth.org](http://www.grassrootshealth.org)).
9. Exercise at least 30 minutes each day; 60 minutes each day if you are trying to lose weight. Buy a pedometer and walk 8-10 thousand steps daily, if possible.
10. Get between 7 and 8 hours of sleep each night (insulin sensitivity worsens when humans are sleep deprived). If your neck size is > 17 inches, get tested for sleep apnea and receive treatment; sleep apnea is linked to increased death and blindness.
11. Wear ultraviolet (UV) and blue blocking (amber) lenses when outdoors and use blue-blocking lenses in the evening to protect the macula, as well as improve melatonin secretion and lower the risk of type 2 diabetes, obesity, cancer and high blood pressure – this can be incorporated into your prescription lenses. For computers and phones, go to [www.justgetflux.com](http://www.justgetflux.com) for a free app that blocks blue light.
12. If you take a statin medication for cholesterol, take 100 mg ubiquinol to prevent depletion of CoQ10
13. If you have elevated LDL (bad) cholesterol or Lp-PLA2 (the ‘PLAC Test’), take Coratin® (4 tablets daily) – a combination of red yeast rice and plant sterols that reduces plaque build-up in arterial walls, including those in the eye.

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PERSONALIZED CARE FOR YOUR EYES.



## RECOMMENDATIONS FOR PATIENTS WITH BOTH TYPE 1 AND TYPE 2 DIABETES

***Diabetes is the leading cause of new blindness in the United States. If you have diabetes, we recommend the following to reduce your chances of losing vision:***

- EVERYTHING listed above plus...
- EyePromise® DVS formula – 2 capsules daily (available from our office or through [www.eyepromise.com](http://www.eyepromise.com)) Use Code 11451 to receive a discount.
- Keep your A1c test result consistently under 7% (unless specifically advised otherwise by your diabetes physician, based on your heart health, age, frequency of low blood sugars, and how long you have had diabetes).
- DO NOT let your blood glucose remain above 180 mg/dl for more than a few hours, as this results in ongoing damage even after your blood sugars return to the normal range. To accomplish this, try the following:
  - Take 2 TBSP apple cider vinegar before high carbohydrate meals (prevents blood sugar spikes) – rinse your mouth with water after to prevent damage to tooth enamel.
  - If you use rapid acting insulin like Humalog or Novolog before meals, take it at least 15 minutes before you start eating and ensure you rotate injection sites.
  - Limit the carbohydrate content of any one meal to less than 30 grams.
  - Test your blood sugars two hours after eating – keep this number under 150 mg/dl.
  - If you have type 1 diabetes, get an insulin pump combined with a continuous glucose monitoring system (CGMS) – consider ultra-fast acting inhaled insulin (Afrezza®) to assist with more rapid correction of very high blood sugars.
  - If you have type 2 diabetes and have lots of highs and lows, ask about CGMS.
- Get a dilated eye exam every year – early detection of diabetic eye disease = early treatment = reduced risk of blindness.
- If you have diabetic retinopathy or diabetic macular edema, we also recommend adding Pycnogenol® 100 mg each day and asking your doctor about taking a medication called fenofibrate, which has been shown to reduce the likelihood of severe retinopathy in several large studies
- Most patients who live with diabetes will develop eye damage over time, and our goal is to prevent you from being in that group.
- Severe eye damage from diabetes (proliferative retinopathy and/or significant macular edema) requires aggressive treatment (destructive laser applied to the retina and a series of injections into the eye) to prevent permanent vision loss or blindness – if you do develop early stages of eye damage from diabetes, our goal is to prevent it from becoming severe.
- *An ounce of prevention is worth a pound of cure.*

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