



**FLORIDA EYE**  
*Microsurgical Institute, Inc.*

**FOR MORE INFORMATION:**

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**FOR IMMEDIATE RELEASE**

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**According to the CDC: One-Third of Americans Will Have Diabetes by 2050**

**AND WITH 24 MILLION AMERICANS ALREADY LIVING WITH DIABETES, ONE PALM BEACH COUNTY OPHTHALMOLOGIST IS MAKING IT HIS MISSION TO TEACH AND TREAT DIABETICS ABOUT WHAT THEY CAN DO, AND WHAT TREATMENTS ARE AVAILABLE TO HELP SAVE THEIR VISION**

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**November 2, 2010, Boynton Beach, FL...** Randy Katz, M.D. has been treating diabetic patients for more than twenty years in Palm Beach County. The Diabetic Retinopathy, Retinal Detachment & Macular Degeneration Specialist of Florida Eye Microsurgical Institute spends half of his time trying to educate his patients about the importance of yearly eye exams for diabetics and the other half saving the vision of diabetic patients who have turned to him when there was no hope in sight - literally.

Because Florida Eye is one of the premier research facilities in the state for treating Age Related Macular Degeneration (ARMD) and Diabetic Retinopathy, and because of his involvement in national clinical trial studies, Dr. Katz can present qualifying patients with treatment options they might not otherwise be privy to, such as ground breaking medical treatments that eliminate the need for unnecessary surgeries.

"I wish there was no need for the types of studies we participate in," says Dr. Katz, "But the sad fact is that Type-2 Diabetes is on the rise, and that means more eye disease." Dr. Katz points towards the most recent findings published by the CDC report regarding the disease...

*"Without proper diet and exercise, type-2 diabetes is poised to strike as much as 33 percent of the adult population in the United States by 2050, and over the next 40 years, the prevalence of total diabetes (diagnosed and undiagnosed) in the United States will increase from its current level of about one in 10 adults to between one in five and one in three adults in 2050."*

That means thousands more people will be dealing with potential blindness, says Dr. Katz, who adds that he can't stress enough that the sooner diabetics start getting annual eye exams, the better their chances are for preserving their vision.

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The American Academy of Ophthalmology mirrors Dr. Katz's stand on regular eye exams, and reports that 95 percent of those with significant diabetic retinopathy can avoid substantial vision loss if they are treated in time.

For more information about diabetic eye disease and available treatments at Florida Eye please contact Gwen Cohan at (561) 736-5050, or [gwen@fleyedocs.com](mailto:gwen@fleyedocs.com).

The Florida Eye Microsurgical Institute offers a full range of comprehensive ophthalmologic care, including routine eye care and examinations, pediatric eye care, dry eyes, advanced corneal, retinal and cataract procedures, laser treatments, glaucoma and diabetic procedures, ophthalmic plastics, orbital surgery and various other sophisticated treatments. With its own pediatric wing and fully accredited outpatient surgical center in Boynton Beach, the Institute has additional offices in Boca Raton, Wellington and Juno Beach.

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## Diabetic Retinopathy - General Information

**Who's at Risk?** All diabetics are at risk for developing diabetic retinopathy, although some may never experience the debilitating eye condition at all.

**What are the Signs of Diabetic Retinopathy?** In its early stages, you may not notice any change in your vision, but it can lead to the later, sight-threatening form of the disease. (This is why it is imperative that as soon as you've been diagnosed with diabetes, you need to have a dilated eye exam at least once a year.)

Floater (spots, cobwebs, shadows, spiders) can be a sign of diabetic retinopathy. Sometimes difficulty reading or doing close work can indicate that fluid is collecting in the macula, the most light-sensitive part of the retina. This fluid build-up is called macular edema.

Another sign is double vision, which occurs when the nerves controlling the eye muscles are affected. If you experience any of these signs, see your eye doctor immediately.

**How is the Disease Diagnosed?** Your eye doctor may diagnose retinopathy using a special test called fluorescein angiography. In this test, dye is injected into the body and then gradually appears within the retina due to blood flow. Your eyecare practitioner will photograph the retina with the illuminated dye. Evaluating these pictures tells your doctor how far the disease has progressed.

**What Causes Diabetic Retinopathy?** Uncontrolled blood-sugar levels increase your risk of diabetic retinopathy, as does long-term diabetes. Generally, diabetics don't develop diabetic retinopathy until they have had diabetes for at least 10 years, but it is not wise to wait that long to have an eye exam.