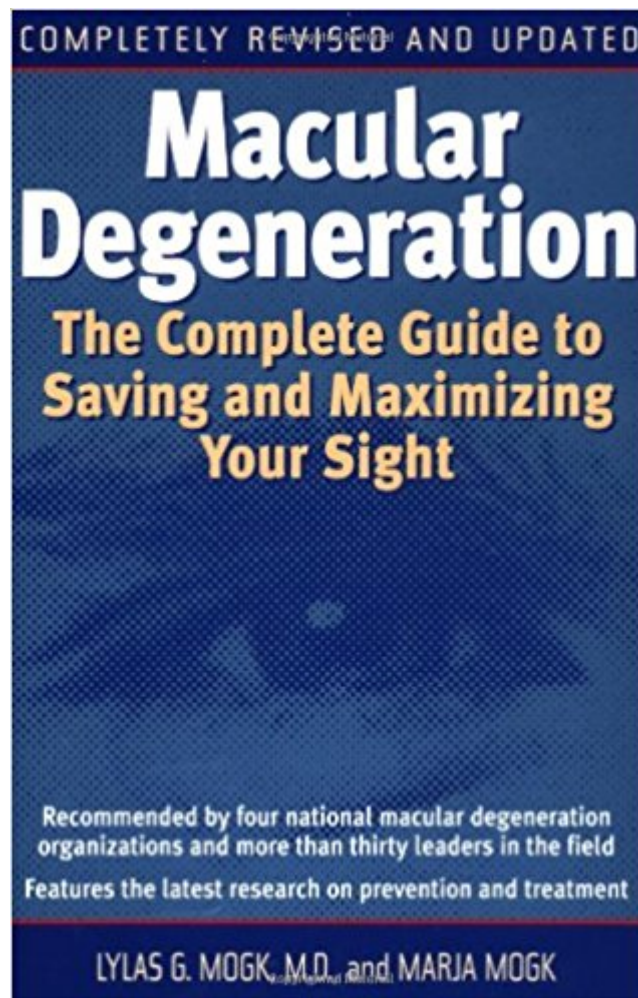




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Macular Degeneration: The Complete Guide To Saving And Maximizing Your Sight



Synopsis

The acclaimed book on macular degenerationânow completely revised and updated with cutting edge research and the latest developments in the field. More than fifteen million Americans have age-related macular degeneration (AMD), and the disease will strike 200,000 more people this year. It is the most prevalent cause of vision loss in the western world. Dr. Lylas Mogk, the founding director of the Visual Rehabilitation and Research Center of the Henry Ford Health System, has a unique professional and personal understanding of AMD. A doctor and loving daughter of a parent with this frightening though manageable condition, Mogk here explains exactly what it is and how to limit its effect on your life. Reassuring and comprehensiveâcomplete with illuminating first person stories of people with AMDâMacular Degeneration will help you or someone you love with information onâ

- Reducing your risk factors
- Revolutionary new technology, including laser surgery and alternative treatments
- New research discoveries in nutrition

and eye-healthy recipesâ

- The latest low-vision computer software programs
- Coping with depression and frustration
- Active online communities of people with macular degeneration

Plus a Low Vision Living Rehab program to help you read better, see better, and live independently!

Book Information

Paperback: 480 pages

Publisher: Ballantine Books; Rev edition (January 1, 2003)

Language: English

ISBN-10: 0345457110

ISBN-13: 978-0345457110

Product Dimensions: 5.5 x 1.1 x 8.2 inches

Shipping Weight: 14.1 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 62 customer reviews

Best Sellers Rank: #166,395 in Books (See Top 100 in Books) #28 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Eye Problems #56 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Physical Impairments #221 in Books > Health, Fitness & Dieting > Reference

Customer Reviews

âThis is one of the rare books in low vision that I could not put down once I started reading. This book should be read by everyone with macular degeneration, as well as their families, friends, and doctors. . . . It will be required reading for all my residents.â

âRANDALL JOSE, O.D. Director,

Houston Delta Gamma Low Vision Center Editor, *Understanding Low Vision* "An outstanding book" not only educational but inspirational. Everyone with macular degeneration, their family members, and all eye care professionals should have a copy. "JOEL A. KRAUT, M.D. Medical Director, Vision Rehabilitation Service Massachusetts Eye and Ear Infirmary Harvard Medical School "This book should be read, highlighted, and used as a guide by everyone who has macular degeneration, or is at risk of developing it. "ROBERT W. MASSOF, Ph.D. Director, Lions Vision Research and Rehabilitation Center Johns Hopkins University

The acclaimed book on macular degeneration--now completely revised and updated with cutting edge research and the latest developments in the field. More than fifteen million Americans have age-related macular degeneration (AMD), and the disease will strike 200,000 more people this year. It is the most prevalent cause of vision loss in the western world. Dr. Lylas Mogk, the founding director of the Visual Rehabilitation and Research Center of the Henry Ford Health System, has a unique professional and personal understanding of AMD. A doctor and loving daughter of a parent with this frightening though manageable condition, Mogk here explains exactly what it is and how to limit its effect on your life. Reassuring and comprehensive--complete with illuminating first person stories of people with AMD--"Macular Degeneration will help you or someone you love with information on - Reducing your risk factors- Revolutionary new technology, including laser surgery and alternative treatments- New research discoveries in nutrition--and eye-healthy recipes- The latest low-vision computer software programs- Coping with depression and frustration- Active online communities of people with macular degeneration "Plus a Low Vision Living Rehab program to help you read better, see better, and live independently!

Discussions of audio tape cassettes in the appendices are worrisome. I did learn quite a bit about the condition that I didn't know. My mother had wet macular degeneration and diabetic retinopathy in the 1990s. Not much available for treatment. I have been diagnosed with incipient dry macular degeneration and, having worked in Retina Medical Group for a brief time, I knew I had to take action. I have been getting annual eye exams due to my diabetes and that's how it was identified. I don't have any vision loss apart from a gigantic floater in my right eye that I've had for 10 years. This book has valuable recommendations concerning diet and behavior that aren't difficult to implement. That said, I think the authors are Vegans based on the detailed recommendations on food acquisition, purity of essence, and preparation details. There is no discussion of frozen vegetables and their benefits and attributes. It's like the only thing that exists or matters is fresh stuff purchased

in hippie natural food stores. The recipes appear to be way more involved than I will ever perform and I wonder if they don't have a cook working for them? Anyway, it does present useful information about definitions, treatments, resources, and anecdotes about other MD participants. It just needs some updating and a slight change in direction to discuss real food and real people.

What a great resource! This book is full of information - from telling what Macular Degeneration is to practical ideas on how to live with it. As the wife of a man who has AMD, this was exactly what I needed to help me understand some of what he is going through. I have gotten many ideas on ways to make his life easier. Included in the book's appendixes is information on groups and companies that help or make things for people with low vision. My only complaint is that the book is 10 years old. Even so, it still is proving to be extremely useful, and I would recommend it to anyone who has (or knows someone who has) Age-related Macular Degeneration.

My Dad was diagnosed recently with Macular Degeneration. I immediately started searching for information for him to read on this condition. He couldn't say enough positive remarks about this book. It has helped enlighten him in the direction he needs to go regarding treatment in the future.

I have found this book very informative and written in a style that is very comforting and informative. My doctor is a good doctor but did a very poor job of explaining what macular degeneration is all about and how to deal with it. There are a lot of helpful extra things in it to encourage a person with this disease and help you to realize the world hasn't come to an end for you even though you've got a real challenge ahead of you in dealing with it.

Fabulous book! It is written in an OPTIMISTIC manner that lifts your spirits. It tells you that AMD is not the end of the world. It tells you everything you need to know of the how's and why's of macular degeneration plus medical treatments plus ways to brighten the lighting in your house, ocular aids, how to select a hand-held magnifying glass, vendors listed by state. Excellent Appendices with phone numbers, physical and email addresses of State and National Organizations with which you can communicate and get additional information. I took the book to my doctor at Medical College of Virginia. He was not familiar with it but promised to get a copy and read it. **THIS BOOK SHOULD BE IN EVERY OPHTHALMOLOGIST'S AND RETINA SPECIALIST'S OFFICE AND BE RECOMMENDED READING FOR PATIENTS WITH THIS PROBLEM!** My only criticism was that the copy I purchased was copywrited 1999, 2003, and I am reading it in the year 2015! What advances

have there been in the past 12 years?

This is a comprehensive review of what Age Related Macular Degeneration (ARMD) is all about and how to deal with it and maintain a quality life. The disease is fully discussed with treatments although since 2003 there have been advances not covered in this printing. It is still an excellent resource for understanding the emotional aspects of the diagnosis and dealing with life style adaptations to fully enjoy life. Dr. Mogk's life serves as an example. Prevention is stressed for family members not yet affected with a strong focus on diet and nutrition. Practical suggestions and resources for low vision patients are covered. The print is good sized and easy to read. I've recommended the book to others with the diagnosis as a worthwhile read.

I just browsed through it, but it is a thorough study of the disease and talks about treatments and possible treatments in the future. It also talks about nutrition and has recipes.

Unfortunately, most would never seek out this book unless you've gotten bad news that you or someone close to you has Macular Degeneration. This news hit my spouse and I very hard since my spouse is only 57, but upon learning of her condition we began to seek all the information available to fight this disease. This book, although somewhat outdated, was very good. I read it to my wife each night and we learned a whole lot about this terrible affliction. The websites listed in the back of the book were very useful in researching even more information and getting the latest medical updates.

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