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consult the experts

health and
wellness edition

This advertising service is intended for information purposes only. Schedule an appointment to discuss your individual needs. Forward questions to be answered in future columns to our experts' e-mail addresses.



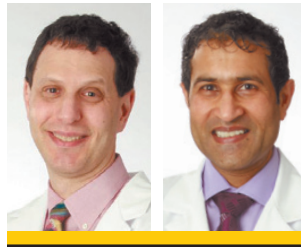
topic:

Diabetes related eye disease is the number one cause of adult vision loss

advice: Diabetes affects people of all ages and races. Of the 24 million people in the United States with diabetes, almost half of them will eventually develop an eye problem called diabetic retinopathy. This disease affects the blood vessels in the retina, the light-sensing tissue at the back of the eye. Damage to these vessels, including swelling and bleeding, develops gradually and painlessly. If left untreated, diabetic retinopathy can cause total vision loss.

Although good control of blood sugar and blood pressure can help prevent diabetic eye disease, significant problems can still occur. Vision loss due to diabetic retinopathy is often preventable with early detection and treatment. Regular dilated eye examinations are the only way to diagnose diabetes related eye problems. The use of special laser treatments and injections can slow or stop damage to the eye.

The doctors at Bennett & Bloom Eye Centers specialize in advanced diagnostics and treatment of diabetic eye disease, macular and retinal diseases, glaucoma, cataracts, and refractive procedures including all-laser LASIK.



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topic:

Choosing services for home care

advice: With so many options out there, choosing a home care service can be as difficult as shopping for Christmas gifts without having a list!

The first step to finding the right kind of home care agency is determining what level of care is needed. There are two main categories of home care services: skilled care, which provides for medical needs, referred by your doctor and is usually covered by medical insurance, and non-medical care. Non-medical care may include environmental assistance – help with housekeeping, shopping, medication reminders, meal preparation, companionship and the like; or personal care, such as bathing, dressing, incontinence issues, and feeding. Some agencies specialize in providing one type of care; others may include both types. Non-medical care is primarily known as a supplemental or private pay service and is utilized best when family members are the primary caregiver. Family members realize that having these outside supports give some relief allowing more quality time to be spent with their loved one during this chapter of their lives. It is also a good idea to introduce this service gradually for your family member and evaluate the agencies to compare and find the one that perfectly fits your needs.



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