



# Mayo Clinic Guide to Better Vision

3rd  
EDITION

Preventing and treating  
disease to save your eyesight  
Sophie J. Bakri, M.D.



# Mayo Clinic Guide To Better Vision

**J Rink**

## **Mayo Clinic Guide To Better Vision:**

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**Mayo Clinic Guide to Better Vision** , **Mayo Clinic Guide to Better Vision** Mayo Clinic, 2014-06-03 A handbook on eye health from one of the most reliable respected health resources that Americans have Publishers Weekly The eye is as intricate as the latest computer and as precious as any jewel While eye disease is rarely fatal eye health is essential

to enjoyment of your world as you know it So it makes sense to give your eyes the attention and care they richly deserve With more people living longer lives age related eye disease has become more common Fortunately state of the art medical treatment has not only kept up but made great advances So has our understanding of the nutritional and lifestyle decisions that impact vision and eye health Mayo Clinic helps thousands of patients each year with vision and eye problems and its medical staff includes some of the finest eye doctors in the world Now you can take advantage of this wealth of knowledge In Mayo Clinic Guide to Better Vision you ll learn 8 ways to prevent macular degeneration the age related eye disease that causes vision loss and blind spots 5 ways to prevent glaucoma the silent thief of sight that commonly develops with no warning signs 8 self care tips to help you or a loved one keep your diabetes under control and effectively slow the progression of diabetic retinopathy 4 steps that may slow or prevent the development of a cataract Mayo Clinic Guide to Better Vision covers all the leading causes of vision loss with practical information on prevention detection and treatment all based on the same medical knowledge Mayo Clinic doctors share with their patients [Mayo Clinic Guide to Better Vision](#)

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