Eat Well, See Well!

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Top 10 leading causes of death in the U.S.

1. Heart disease
2. Cancer
3. Chronic lower respiratory disease
4. Accidents
5. Stroke
6. Alzheimer's disease
7. Diabetes
8. Influenza and pneumonia
9. Kidney Disease
10. Suicide

Nutrition and Disease PREVENTION

How many of the 10 leading causes of death are related to nutrition?

1. Heart Disease
2. Cancer
3. Stroke
4. Diabetes

- Decreased health care costs
- Preventing deaths rather than treating disease
- Improve productivity in the workforce
- Improve the lives of millions of Americans and their families.

Chronic Disease

Leading Causes of Death and Disability in the United States

- Heart disease (46% of deaths with Cancer)
- Cancer (46% of deaths with HD)
- Type II Diabetes - Kidney disease, Amputations, New cases of Blindness
- Obesity – 36% of all American adults
- Arthritis – leading cause of disability
- 50% of ALL adults have one or more chronic health conditions
- 25% of all adults have two or more

Role of Inflammation

- Linked to everything from most Chronic Diseases to Dry Eye
- Market for inflammation fighting foods is increasing
- New inflammation fighting ingredients
  - Tumeric
  - Ginger
  - Zoodle
  - Cauliflower rice
  - Nut milks
  - Starbucks Chile Mocha
In 2015, fruit was eaten **Less than once a day** by...
- Adolescents over 37%
- Adults 40%

In 2015, vegetables were eaten **Less than once a day** by...
- 39% of adolescents
- 22% of adults

- Over 1 in 3 adults have at least one type of cardiovascular disease.
- 90% of Americans aged 2 years or older consume **too much sodium**, increasing their risk of high blood pressure.

Too Much : Eat Less
- **#1 Salt.** Consuming too much was associated with 9.3% of deaths.
- **#2 Red meat** and processed meats such as bacon was linked to 8% of the deaths.
- **#3 Sugary drinks** were a factor in 7.4% of deaths.

Not Enough : Eat More
- **Low consumption of nuts and seeds** was linked to about 9% of deaths.
- **Diet low in seafood, whole grains and fruits and vegetables** were found to contribute to about 6-8% of deaths from heart disease and Type II DIA

A Handful of Nuts
- 29% reduction of Coronary Heart disease
- 21% reduction of Cardiovascular disease
- 15% reduction of Cancer
- 52% reduced risk for Respiratory disease
- 39% for reduced Diabetes
- 75% reduced risk for infectious disease

Most of the risk reduction was achieved by eating an average of one ounce of nuts a day = two dozen almonds or 15 pecan halves.
The Good News is...we can take control over our health!

Not our genetic predisposition, but our health!

Mediterranean Diet

- Olive oil
- Fruits
- Veggies
- Whole grains
- Nuts
- Fish
- Poultry
- Wine

**Five year study showed 30% less development of cardiovascular disease than general low-fat diet.**

Diet and Lifestyle

- Reduced Heart Risks
- Reduced levels of Inflammation
- Heart Attack, Stroke, Alzheimer’s, Other Chronic Disease
- Improved Weight Loss
- Better Blood Glucose control
- Reduced risk of Depression

Diet and Lifestyle

- Take time to relax and enjoy every bite
- Switch up your proteins
- Eat veggies all day long
- 3-8 servings per day

Diet and Lifestyle

- Eat whole-grain bread, pasta, rice and other grains
- Snack on nuts, seeds, low-fat cheese or dairy instead of processed snack foods

Diet and Lifestyle

- Enjoy fruit for dessert
- Replace butter and margarine with olive oil as often as possible
- Moderate your consumption of alcohol to no more than a glass or two with a meal
Benefits Of Food To Certain Body Parts:

• **Brain** - salmon, tuna, sardines
• **Bones** - milk, fortified soy beverages
• **Heart** - baked potato, prune juice
• **Lungs** - broccoli, brussel sprouts, bok choy

Benefits of Food to Certain Body Parts:

• **Stomach** - ginger
• **Colon** - beans and peas
• **Prostate** - green tea
• **Ovaries** - ice cream

Nutrition and Vision

• 40% of Americans worry about losing their eyesight more than their ability to walk or hear.
• 1 in 4 Americans age 40 years and older suffer some sort of vision loss
• 43 million Americans suffer from AMD or Cataracts, the two leading causes of vision loss and blindness

Age-Related Macular Degeneration

Leading cause of vision loss and blindness in Americans over 65

Cataracts

• Most common cause of vision loss in people over age 40
• Mild to Moderate Blur
• Increased Light Sensitivity and Glare
• Dimming of Colors

Nutrition and Vision

• American Eye-Q study shows **ONLY 29%** of Americans cope with vision loss or other eye problems by increasing nutrients for healthy eyes
• Research shows a strong correlation between **good nutrition and prevention of age related eye diseases**
Nutrition and Vision

Nearly 50% of Americans still believe that Carrots are the best food for good eye health

True or False?

Actually Dark Leafy Greens...Spinach/Kale

5 Essential Nutrients for Healthy Vision

1. Lutein and Zeaxanthin
2. DHA/EPA
3. Vitamin C
4. Vitamin E
5. Zinc

Lutein / Zeaxanthin

Most Powerful Combination of Anti-Oxidants

Best Food sources include Bright Colorful veggies and fruit

One cup 4X per week

Lutein / Zeaxanthin

Dark Green Leafy Veggies
- Spinach
- Kale
- Collard Greens
- Broccoli
- Romaine Lettuce
- Green Beans
- Green Peas

Yellow/Orange Fruit and Veggies
- Sweet Potatoes
- Yams
- Tangerines
- Oranges
- Corn

Recommended Dosage

Preventative Dose for Healthy Adults:
10 mg. Lutein / 2 mg. Zeaxanthin

Family Hx. of AMD or Cataracts:
Between 10-20 mg. Lutein
Between 2-8 mg. Zeaxanthin

Personal Dx. of AMD or Cataract:
20 mg. Lutein / 10 mg. Zeaxanthin
Visual Benefits of Lutein / Zeaxanthin

• Increases macular pigment
• Internal sunglasses filtering blue light and absorbing damaging UV light as it enters the eye
• Decreases glare and glare recovery which is critical in night driving
• Improves low-light vision

Alzheimer’s Disease Study

• Less Macular Pigment
• Lower serum levels of L and Z
• Poor Visual Function
• Higher incidence of AMD

DHA / EPA

Essential Fatty Acids (Omega 3)
DHA = Docosahexaenoic Acid
EPA = Eicosapentaenoic Acid

Recommended Dosage
• 1500 mg/day in healthy
• 2500 mg/day for Dry eye or AMD

DHA / EPA

Essential Fatty Acids

Cold water
fleshy oily fish:
• Wild Salmon
• Wild Tuna
• Wild Mackerel
• Wild Trout
• Anchovies

Other fish:
• Halibut
• Scallops
• Snapper

Other sources:
• Flax oil
• Lean Meat
• Eggs

Visual Benefits of DHA / EPA

• Aids in Visual Development and Retinal Function
  (Neurological component)
• Decreases Dry Eye Symptoms
  (Anti-inflammatory component)
• Decreases Diabetic Retinopathy
• Decreases progression of AMD
• Protects against skin cancer

Vitamin C

Powerful Anti-oxidant and Boost to the Immune System

Food Sources
• Citrus Fruits
• Oranges / Juice
• Grapefruit / Juice
• Apples
• Bananas
• Strawberries
• Peaches
• Kiwi
• Tomatoes
• Papaya
• Green peppers

Recommended dosage is 50mg/day

Veggies
• Spinach
• Cabbage
• Broccoli
• Potatoes
Visual Benefits of Vitamin C
- Supports the health of ocular blood vessels
- Decreases the risk of developing AMD and Cataracts
- Slows the progression of AMD by 25%

Vitamin E
Powerful Anti-oxidant w/Recommended dosage 400IU/day
- Slows Progression of AMD by 25%
- Decreases the risk of developing Cataracts

Vitamin E
- Fortified Cereals
- Whole Grains
- Various nuts
- Almonds
- Pecans
- Hazelnuts
- Peanuts
- Peanut Butter
- Safflower/corn oil
- Sunflower Seeds
- Pumpkin Seeds
- Sweet Potatoes
- Spinach
- Lettuce
- Beets

Zinc
- Trace mineral responsible for transporting Vitamin A from the liver to the retina to produce melanin
- Recommended dosages
  - Normal Healthy Adults = 8 - 11 mg. per day
  - High Risk or AMD Patient = 40 - 80 mg. per day

Zinc
- Red Meats
- Liver
- Seafood
- Poultry
- Eggs
- Milk
- Yogurt
- Eggs
- Baked Beans
- Whole Grains

Visual Benefits of Zinc
- Slows the Progression and Stabilizes AMD along with Vits. C & E by producing melanin to protect the eyes
- Helps prevent Night blindness (Nyctalopia)
- May decrease the formation of Cataracts
Night Vision

• Bilberry - helps improve night vision along with strengthening blood vessels in the eyes.

• Grape seed extract - helps improve night vision and slow down premature aging of the eyes.

Spices and Fennel

• Spices
  - Turmeric
  - Parsley
  - Oregano

• Fennel
  - Decreases IOP
  - Helps prevent DIA Retinopathy

Vitamin Supplementation

• USDA reports that 92% of Americans do NOT receive sufficient nutrients in their diets.

• 50% of all Americans use nutritional supplements for general health.

• $27 billion a year spent on Multivitamins.

Professional AMD Supplements

EyePromise (Zeavision)
- Restore - 4 mg lutein
- 8 mg Zeaxanthin
- Zeaxanthin and
- Lutein

MaxiVision (MedOp)
- Ocular Formula
- Eye Formula
- Whole Body
- Eye and Body

QuantifEye MPS II

Primary benefits of MPOD measurement are:

• Identifies risk
• Need for supplementation
• Confirms that EyePromise supplementation is working

OTC AMD Supplements

- Ocuvite
- PreserVision
- Icaps

- Others?
General Health Deficiencies

- Water Deficiency/Dehydration
- Sleep Deficiency
- Exercise Deficiency
- Vitamin D Deficiency

Water Deficiency/Dehydration

Symptoms:
- HA
- Fatigue
- Irregular Heart Beat
- Depression
- Low BP

Treatment:
Minimum of 8 cups H2O/Day
(Calculation Weight / 2 = # oz. H2O)

Sleep Deficiency

Symptoms:
- HBP
- Diabetes
- Obesity
- Depression
- Heart Attack
- Stroke

Treatment:
7 to 9 hours / night

Sleep and Mental Deterioration

- Strong link between sleep patterns and mental deterioration and Alzheimer’s disease.
- Those who sleep 5 hours a day or less or 9 hours a day or more, have lower average mental functioning than participants who sleep seven hours per day.

Exercise Deficiency

Symptoms:
- Weight gain
- Tired
- Low energy

Treatment:
Minimum of 8 cups
20 mins. /day
5 days/week

Cardio Exercise

Goal: Total of 30 Min of Activity/Day

- Over 50% reduced risk of Diabetes
- 25% reduction of Heart disease when weight training
- Weight loss
- Increase energy level
- Decrease fatigue
- Lighten mood
According to the CDC, less than 1 in 4 Americans get enough exercise

Which states ranked the worst? Here are the bottom five:

5. Arkansas: 15.7 percent
4. Indiana: 15.1 percent
3. South Carolina: 14.8 percent
2. Kentucky: 14.6 percent
1. Mississippi: 13.5 percent

On the other end of the spectrum, here are the top 6:

1. Colorado: 32.5 percent
2. Idaho: 31.4 percent
3. New Hampshire: 30.7 percent
4. Washington, DC: 30.7 percent (I know; it’s not a state)
5. Vermont: 29.5 percent
6. Massachusetts: 29.5 percent

Heart Benefits

• Decrease Blood Pressure
• Decrease Blood Lipid Levels
• Decreased Blood Sugar
• Cardio Benefits
  • Reduced ChA
  • Decreased Heart Disease
  • Decreased Osteoporosis

Vitamin D Deficiency

Treatment:
10 to 30 mins of sunlight per day

Thanks for your Attention!
It’s been a pleasure!!

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