



NEWSLETTER

Medically “What the Doctor Knows For Sure”

Vincent P. Basilice, M.D., P.C. – *Medical Director*



Smoking contributes to a number of major health problems, including heart disease, stroke and cancer. But many people do not know that smoking also affects your vision. At any age, smoking increases your risks for developing cloudy vision from cataracts and central vision loss from age-related macular degeneration (AMD). And the more you smoke, the higher your risk.



Tobacco smoke, including second-hand smoke, is an irritant that worsens dry eye, a very uncomfortable eye condition that is most common in women after menopause. Smoking also increases the risk of serious vision loss in people with other eye diseases. And when women smoke during pregnancy they are more likely to give birth prematurely, putting their babies at higher risk for a potentially blinding disease called retinopathy of prematurity as well as other health problems.

The good news is that after people quit smoking, their risks for some eye diseases becomes almost as low as for people who never smoked. Avoiding smoking and second-hand smoke — or quitting if you are a smoker — are some of the best investments you can make in your long-term eye health.





What Dr. Basilice's wife, Dahna, Knows For Sure:

"Unfinished business follows you around wherever you go until you do something about it."

-hallmark channel-

Let the New Spring Season be the Reason to Clean Up & Let Go!

-dmb-



"How about the second line?"



A ladybug has only two eyes but it doesn't see very well. Ladybugs can only see the difference between dark and light, as if everything was a black and white photo, but they cannot see colors at all.

Did you know?

