



Mayo Clinic Guide to Better Vision, 2nd Edition

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The eye is as intricate as the latest computer and as precious as any jewel. Without clear eyesight, your life would be radically different.

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. Our medical staff includes some of the finest eye doctors in the world. Now you can take advantage of this wealth of knowledge without leaving home, simply by getting your own copy of Mayo Clinic Guide to Better Vision. In it 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. And if these steps aren't enough, cataract surgery is easier, safer and more effective than ever.

Mayo Clinic Guide to Better Vision covers all the leading causes of vision loss, with practical information on prevention, as well as everything you need to know about detection and treatment. It's all based on the same medical knowledge Mayo Clinic doctors share with their patients. Now enjoy this healing wisdom from the comfort of home by downloading your copy of Mayo Clinic Guide to Better Vision.

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Susan Williams:

People live in this new moment of lifestyle always attempt to and must have the time or they will get lots of stress from both lifestyle and work. So , once we ask do people have free time, we will say absolutely sure. People is human not only a robot. Then we question again, what kind of activity are there when the spare time coming to an individual of course your answer will certainly unlimited right. Then ever try this one, reading books. It can be your alternative inside spending your spare time, the particular book you have read is usually Mayo Clinic Guide to Better Vision, 2nd Edition.

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