



July 14, 2009

Health briefs: Wellness meeting set for Wednesday

The News-Press staff

The Florida Wellness Alliance will host a free wellness presentation featuring Dr. Alan Tannenbaum at 6:30 p.m. Wednesday at the alliance offices at 12381 S. Cleveland Ave. in Fort Myers.

The event, part of the Wellness Defined speaker series, is free. Seating is limited; reserve a seat by calling 267-5899 or e-mailing floridawellnessalliance@gmail.com.

Tannenbaum's presentation, "Defining Risk Factors for Chronic Disease," focuses on lifestyle choices that impact the health and wellness of the American population. A few small changes in one's lifestyle can make big differences in maintaining health and regaining wellness.

Learn the signs and symptoms of chronic disease and the lifestyle choices that contribute to them. He will outline risk factors that are warning signs and simple changes diet and exercise as well as natural products to help people get healthy with no side effects.

New ophthalmic drug tested here

The Food and Drug Administration has just approved a new ophthalmic drug tested in Southwest Florida, according to a press release.

Allergan's Ozurdex is the first FDA approved drug-therapy for people suffering from macular edema (macular swelling) due to retinal vein occlusion. A retinal vein occlusion is a blockage or obstruction of a vein in the retina. The retina is the light-sensitive tissue layer that lines the back wall of the eye and is responsible for vision. The center of the retina, called the macula, is the portion of the eye that is responsible for sharp, central vision.

Macular edema can lead to blurriness and a drastic decrease in vision.

The National Ophthalmic Research Institute at Retina Consultants of Southwest Florida participated in Ozurdex's clinical trials and was involved in multiple studies with Ozurdex.

Visit www.eye.md for more information about Retina Consultants of Southwest Florida and www.nori.md for information on the National Ophthalmic Research Institute.
