

NEWS RELEASE



Waterford at Harwood Groves

FOR IMMEDIATE RELEASE

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What you eat can affect your eyes

Learn about macular degeneration on Monday, Oct. 26 at Waterford

FARGO, N.D. — According to the National Eye Institute, age-related macular degeneration is a leading cause of vision loss in Americans 60 years and older. The disease gradually destroys sharp, clear vision in the center of the eye, making it increasingly difficult for people to read, drive, and do other activities that require sharp vision.

Waterford at Harwood Groves is sponsoring “Macular degeneration and nutrition: What’s the connection?” on Monday, Oct. 26 from 6:45 – 9 p.m. There is no charge for the event, which is open to the public.

Gary Renier, O.D., and Sherri Nordstrom Stastny, Ph.D., will share who’s at risk of developing this common disease, new treatments and how diet can play a positive role in preventing and/or delaying the disease’s progression. There will be a question-and-answer session following each presentation, and eye-healthy refreshments will be served. In addition, recipes good for the eyes will be available.

Renier has been caring for people’s eyes for approximately 40 years, and he has received numerous awards, including Fargo’s Health Care Professional of the Year in 2000. He also has published more than 60 articles and a book. His book has been translated into Spanish, French and German. He received his Doctor of Optometry from Pacific University in Oregon and is a fellow in the American Academy of Optometry. Reiner operates a private optometric practice and low-vision clinic and is a frequent lecturer around the state and region. He is an active member of the Fargo Lions.

Stastny specializes in dietetics and is a professor at the College of Human Development and Education at North Dakota State University (NDSU). She teaches courses that include food selection and preparation, consumer issues and nutrition, sports nutrition as well as food and world culture. Prior to earning her doctoral degree from NDSU, she was director of Food and Nutrition Services for Heartland Health System. Stastny is a registered dietitian and has been a member of the American Dietetic Association for more than 20 years. She chairs the Fargo-Moorhead Dietetic Association’s Media Committee and serves as spokesperson. In addition, she has been affiliated with the Healthcare Food Service Managers for more than a dozen years.

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“This is a disease that can be devastating to people,” says Linda Sailer, Waterford director of business development. “Too often, people don’t realize they may be a risk — or, more importantly, that they can take steps to reduce the risks or slow the advancement of the disease. Waterford is offering this seminar to raise people’s awareness.”

Early identification and treatment of age-related macular degeneration potentially can save people’s vision. Recent research (the National Eye Institute's Age-Related Eye Disease Study) found that taking a specific high-dose formulation of antioxidants and zinc significantly can reduce the risk of advanced age-related macular degeneration and its associated vision loss.

For more information about the Waterford event, contact Linda Sailer at 701-476-1200.

Waterford, which opened in 1998, offers a wide range of retirement homes and lifestyle options and is home to more than 150 people. Visit WaterfordFargo.com for more information.

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