

## Could Your Bifocals Be Dangerous?

Could it be that the glasses meant to help you see better actually put you in danger of a potentially fatal or disabling accident? It could, according to findings that have linked bifocals and trifocals with an increased likelihood of falls in older adults.

### What's The Problem?

It's not hard to see the root of the danger. The common vision problem called presbyopia, caused by a hardening of the lens of the eye, typically arises at around age 40. Presbyopia makes it more difficult to see images close at hand, which is why middle-aged people have difficulty reading without glasses. If this is your only vision problem, the solution is easy -- to read, you wear glasses that magnify. But for those with additional vision problems that also need correction, the usual solution is multifocal glasses or contact lenses (bifocals, trifocals or progressive lenses) -- and this is where people, quite literally, run into trouble.

A growing body of research, much of it originating at the Falls and Balance Research Group at the Prince of Wales Medical Research Institute in Sydney, Australia, has demonstrated that when older folks wear multifocal lenses while walking and also performing a secondary task -- like reading a sign -- they tend to "contact more obstacles" (as in, trip or bump into something). The glasses focus differently for near and far, which means that the wearer's ability to see obstacles near his/her feet gets compromised. The fact that falls are the leading cause of death from injury among older adults in the US makes this especially worrisome.

### A Simple Solution

Stephen Lord, PhD, laboratory director at the Falls and Balance Research Group, University of New South Wales in Australia, told me that there's an easy solution to this problem. People who wear multifocal glasses or contact lenses should also keep with them a pair of single-focal glasses -- with a prescription for distance vision only -- to wear when walking outside their homes. Easy enough and worth doing, I think -- far better to spend the money on an additional pair of glasses than on a ride in an ambulance.

### Source(s):

Stephen Lord, PhD, senior principal research fellow, Falls and Balance Research Group, Prince of Wales Medical Research Institute, University of New South Wales, Sydney, Australia. gold hoops and wide collar cement the look.



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## CLOROX VERSUS PEROXIDE

VERY interesting and inexpensive. This was written by Becky Ransey of Indiana (a doctor's Wife), and I want to share it with you. She was over recently for coffee and smelled the bleach I was using to clean my toilet and counter tops.

This is what she told me.

'I would like to tell you of the benefits of that Plain little ole bottle of 3% peroxide you can get for under \$1.00 at any drug store. What does bleach cost? My husband has been in the medical field for over 36 years, and most doctors don't tell you about peroxide.

Have you Ever smelled bleach in a doctor's office? NO!!! Why? Because it smells, and it is not healthy! Ask the nurses who work in the doctor's offices, and ask them if they use bleach at home. They are wiser and know better! Did you also know bleach was invented in the late 40's? It's chlorine, folks! And it was used to kill our Troops. Peroxide was invented during WWI in the 20's. It was used to save and help cleanse the needs of our troops and hospitals.

Please think about this:

1. Take one capful (the little white cap that comes with the bottle) and hold in your mouth for 10 minutes daily, then spit it out. (I do it when I bathe.) No more canker sores, and your teeth will be whiter. Use it instead of mouthwash.
2. Let toothbrushes soak in peroxide to keep them free of germs.
3. Clean your counters and table tops with peroxide to kill germs and leave a fresh smell. Simply put a little on your dishrag when you wipe, or spray it on the counters.
4. After rinsing off your wooden cutting board, pour peroxide on it to kill salmonella and other bacteria.
5. I had fungus on my feet for years until I sprayed a 50/50 mixture of peroxide and water on them (especially the toes) every night and let dry.
6. Soak any infections or cuts in 3% peroxide for five to ten minutes several times a day. My husband has seen gangrene that would not heal with any medicine but was healed by soaking in peroxide.
7. Fill a spray bottle with a 50/50 mixture of peroxide and water and keep it in every bathroom to disinfect without harming your septic system like bleach or most other Disinfectants will.
8. Tilt your head back and spray into nostrils with your 50/50 mixture whenever you have a cold, plugged sinus. It will bubble and help to kill the bacteria. Hold for a few minutes, and then blow your nose into a tissue.
9. If you have a terrible toothache and cannot get to a dentist right away, put a capful of 3% peroxide into your mouth and hold it for ten minutes several times a day. The pain will lessen greatly.
10. And of course, if you like a natural look to your hair, spray the 50/50 solution on your wet hair after a shower and comb it through. You will not have the peroxide-burnt blonde hair like the hair dye packages but more natural highlights if your hair is a light brown, reddish, or dirty blonde. It also lightens gradually, so it's not a drastic change.
11. Put half a bottle of peroxide in your bath to help get rid of boils, fungus, or other skin infections.
12. You can also add a cup of peroxide instead of bleach to a load of whites in your laundry to whiten them. If there is blood on clothing, pour it directly on the soiled spot. Let it sit for a minute, then rub it and rinse with cold water. Repeat if necessary.
13. I use peroxide to clean my mirrors. There is no smearing, which is why I love it so much for this.

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