



*Diseases & Surgery of the
Retina and Vitreous*

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Clinical Trials

Allergan Posurdex Implant for DME
Alimera Iluvien Implant for DME
ThromboGenics Microplasmin
for Vitreo-Macular Traction
Lpath-iSONEP for ARMD
Regeneron VEGF-Trap for ARMD
Genentech Lucentis for CRVO
Genentech Lucentis for CRVO Ext.
Regeneron VEGF-Trap for CRVO
Novartis Aliskiren for DME
DRCR Lucentis for Diabetic VH
Regeneron VEGF-Trap for ARMD Ext.
Alimera Iluvien Implant for DME Ext.
GSK Oral Pazopanib for ARMD
GSK Topical Pazopanib for ARMD
Alcon ESBA 1008 for ARMD
Santen DE-109 for Posterior Uveitis
Allergan Ozurdex vs. Lucentis for DME
Regeneron VEGF-Trap for BRVO
Novartis LFG316 for Dry AMD
Van Andel Institute Vitreous Sample
DRCR Topical NSAID for DME
Wilmer iDEAL for DME
Saint Mary's Vitreous Sample

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Vitreo-Retinal Associates, P.C.

Vigorous Exercise May Prevent Vision Loss

Exercise may have yet another benefit – vision protection. In a recent U.S. study, researchers found that vigorous exercise reduced the risk of cataracts and age-related macular degeneration. The study tracked approximately 41,000 runners for more than seven years. It suggested that people can possibly lessen their risk for these eye diseases by taking part in a vigorous fitness regimen. On average, running 2 to 4 km (1.2 to 2.5 miles) a day reduced the risk by 19% and running more than 4 km a day reduced the risk by 42% to 54%, compared with those who ran less than 2 km a day. It seems exercise could provide similar protective benefits for the eyes as it does for the heart and other bodily systems.

A cataract is a clouding of the eye's naturally clear lens, your eye becomes like a window that is frosted or yellowed. Cataracts are a leading cause of vision loss, especially as we age. Age-related macular degeneration reduces vision in the central part of the retina. Macular degeneration can cause sudden, severe loss of vision in the middle of your visual field.

VRA is West Michigan's most experienced ophthalmology practice for highly specialized eye care with convenient locations in Grand Rapids, Kalamazoo, and Muskegon.

Drs. Jeffrey Zheutlin, Frank Garber, and Louis Glazer, all board certified and renowned ophthalmologists, specialize in the diagnosis and treatment of conditions of the eye including macular degeneration, diabetic retinopathy, macular disease and retinal detachment.

As the area's leader in innovative eye research, we offer the latest advancements in diagnostic and surgical technologies.

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