



## TOTAL EYE CARE

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### **DEAR PATIENT,**

It has been some time since my last newsletter and I apologize for that. However, much has happened in the past few months and there are new and exciting things happening in the future that I want to make you aware of.

FIRST, as many of you already know, I have sold my downtown Chicago practice and I will be devoting my time fully to the Buffalo Grove office. I will be there more days so that it will be easier to make appointments and to serve your needs. Don't hesitate to tell your friends.

SECONDLY, starting in mid-August, the office will be open Monday through Saturday. My new associate, Dr. Darry Sommer, O.D., will be joining me and be available to see patients starting on August 16<sup>th</sup>. He has over 30 years experience as an Optometric/Ophthalmic practitioner. He will be in the office Tuesday through Saturday and available by appointment. We are purposely leaving open extra time slots for emergencies and "walk-in" patients as well. In addition to most medical plans, he is a provider for the EYE MED program. To learn more about him, go to my website, [www.drbkraft.com](http://www.drbkraft.com) and click on the MEET THE DOCTOR section.

### **DIABETES – PART 3**

If you recall, my last newsletter discussed the different types of diabetes and the need for yearly eye exams. I have a family history of adult onset diabetes and I am always alert to efforts that may help prevent it from occurring to me. One key factor is maintaining a constant insulin level.

INSULIN is a compound produced by the pancreas to control blood sugar and the associated accumulation of fatty tissue. It is secreted in response to sugars of all types and to refined carbohydrates. Because insulin is the primary regulator of fatty tissue, increased levels make you fat, especially in the belly area.

Two Hundred years ago the daily consumption of fat was 15 grams per day. Today, the average is 189 grams per day. This fact stunned me and I now look at the food labels for the sugar and carbohydrate gram count. I was astounded by the large quantities that we consume in our daily

food products. In the next mailing I will discuss what we can do to more easily control our insulin levels.

Abdominal fat may ALSO be a contributing factor for MACULAR DEGENERATION. A recently published study of 21,000 Australians from ages 40-80 years found that for each 0.1% increase in the waist/hip ratio, there was a 13% increase in mild macular degeneration and a 75% increase in the severe type. Interestingly, this was only true in men as women showed a 7-11% reduction in macular degeneration. The BOTTOM LINE is that there is an interrelationship between abdominal fat (increased insulin levels), diabetic retinopathy (abnormal blood vessels due to the lack of the body's response to insulin) and Macular Degeneration.

### TAKE HOME MESSAGE

Be blessed with good genetics and keep your insulin levels low and steady.

### BACK TO SCHOOL OPTICAL SPECIALS – BUY ONE GET ONE 50% OFF

School is not too far off so we are trying to help with the following offer: With the purchase of a complete pair of new eyeglasses from InSight Optical, **you or any family member** will be eligible for a 50% reduction on a second complete pair of glasses. Not valid with any other offers and Maui Jim eyewear is excluded. We will keep this valid through October 30<sup>th</sup>, 2011. Bring in a copy of the newsletter to get the offer validated.

Before taking advantage of this offer, make an appointment with Dr. Sommer to have your eyes checked and your eyeglass prescription evaluated.

### INTERNET

All medical practices want to keep busy and to keep our name in front of the public. Google searches are important ways for patients to find us. We get higher Google ratings if you take the time to "Rate" the office and me on sites like Ratemd.com and Yelp.com, etc. We are also starting a **Facebook** page within the next few weeks so please watch for an invitation.

### SOME OF THE THINGS WE DO

Cataract Removal with Multifocal Implants & Astigmatic Implants  
Intralase • LASIK • Wavefront technology  
Progressive Glaucoma Treatment

Eyelid Surgery • Botox & Fillers  
Corneal Transplantation  
Custom Contact Lens Fitting

Dry eye treatment

AND, we have the friendliest and most efficient staff to help you.

If you have any questions or comments, I would be delighted to hear from you. Please email me at: [DrBKraft@BKraftMD.com](mailto:DrBKraft@BKraftMD.com) or Dr. Sommer at [dsommer@bkraftmd.com](mailto:dsommer@bkraftmd.com). Many common questions can be answered by visiting our website at [www.drbkraft.com](http://www.drbkraft.com).

If it has been a while since your last exam, please do not hesitate to call today to inquire about scheduling your next appointment. For your convenience, you can now email the office to arrange an appointment. E-mail [ReceptionBG@BKraftMD.com](mailto:ReceptionBG@BKraftMD.com).

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