



## TOTAL EYE CARE

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### Dear Patient,

Thank you very much! The response to the last newsletter was overwhelming and I appreciate that you have taken the time to comment and ask questions. Also, my FACEBOOK page has a lot of FANS. We will have surpassed out 100<sup>th</sup> Fan and will have given away a free eye exam! Keep looking at the site for future surprises.

### DIABETES – PART 4

This is the last episode of my Diabetes topic. (The previous episodes can be found at [www.drbkraft.com](http://www.drbkraft.com)) In all my years of being a physician, I have seen the ravages that Diabetes can do to the body physically and mentally. The inter-relationships between obesity, eye disease, cardiovascular disease, etc are just too great for us to ignore. The national economic costs are staggering but the individual pain is even worse.

In addition to my professional relationships with Diabetics, my personal connection to all this is that I have a family history of this disease. Therefore, I have a hard time not preaching about what we can do to try to postpone or prevent Diabetes from ruining our lives.

### BOTTOM LINE

Here it is: Both the easiest and the hardest thing to do is to lose weight if you are heavy and not gain too much if you are thin, but in both circumstances you have to **control your insulin levels**.

I preach by example so here is my story: Last Memorial Day, Pam, my long time assistant, gave me a book called "The Belly Fat Cure" by Jorge Cruise. She did this looking at my 'pot belly' having seen it grow substantially over the last 30 years we have been working together. I always ate salads, lots of fruit and veggies, minimal carbs, didn't sneak too much between meals, don't smoke, etc. I thought I was doing the right things but I was 25 pounds overweight.

After reading this book, I discovered the relationships between sugars, carbohydrates and belly fat. I have lost 20 pounds so far. I feel better about everything. I am not a diabetic but, as it does run in my family, I want to do all I can to keep it from my door.

The "diet" is easy. It is essentially a modified Atkins diet but less restrictive because you are allowed 15 grams of sugar and up to 100 grams of carbohydrates per day. You will be amazed at the amount of sugar and carbohydrates in such common foods such as ketchup and apples. (I find that I read the labels on everything now.) The book explains were to get foods that easily fit into the diet and as time goes on, you make your own modifications. I am at the point where I am losing ½ to 1 pound a week without any effort. It may not be a permanent diet but it will allow you a good start to make lifestyle changes.

I have recommended this book to a number of patients already. I've never met the author nor do I get any compensation for recommending this book. My only reward will be your thanks.

That is it for Diabetes!

### **GENERAL INFORMATION**

Dr. Sommer has been outstanding and the compliments keep coming in. Patients are impressed with his expertise (over 30 year's experience), his low key demeanor, wry sense of humor and his calming voice. With the office now seeing patients 5 days a week, we are giving Buffalo Grove and all my patients a whole new level of advanced eye care. Emergencies can be accommodated easily and same day appointments can be made while there are still openings. To satisfy the growing demand for his services, Dr Sommer has late appointments on Thursdays and is available on Saturdays as well.

**EYEMED** insurance coverage is now accepted

Over the past year I have talked about Cataracts, Glaucoma, Conjunctivitis, Macular Degeneration, and Diabetes. Please drop me a note about what you would like to know more about so that I can keep you interested in reading these newsletters and remembering your eye health.

At the end of October I will be attending the American Academy of Ophthalmology meeting and hopefully there will be some new innovation or treatment presented that I can write about.

### **INTERNET HUMOR**

There is a website that has an interesting color vision test: [www.humorsphere.com](http://www.humorsphere.com)

The Power of words: Please go to [www.youtube.com](http://www.youtube.com) and search for "the power of words" by purplecontent. Over 10 million people have viewed it. I found this short video fascinating.

### **BUY ONE GET ONE 50% OFF - EXTENDED**

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 eyeglasses. Not valid with any other offers and Maui Jim eyewear is excluded. We will keep this valid through NOVEMBER 30<sup>th</sup>, 2011. Bring in a copy of the newsletter to get the offer validated.

Please call to make an appointment with Dr. Sommer or myself 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 for patients to find us. We get higher Google ratings if you take the time to "rate" the office, myself and Dr. Sommer on sites like RateMD.com and Yelp.com. So please take two minutes to find us on those sites and add your feedback on our services.

### **SOME OF THE PROCEDURES WE PERFORM**

Cataract Removal with Multifocal Implants & Astigmatic Implants

Intralase • LASIK • Wavefront technology

Progressive Glaucoma Treatment

Cosmetic Eyelid Surgery • Botox<sup>®</sup>, Juvederm<sup>®</sup> & Latisse<sup>®</sup>

Corneal Transplantation

Custom Contact Lens Fitting

Dry Eye Treatment

AND, we have the friendliest and most efficient staff to help with all your needs.

### **LATISSE GIVEAWAY**

Any patient having cosmetic surgery or receiving BOTOX or JUVEDERM injections will get a free vial of Latisse for eyelash growth (While supplies last)

**THURSDAY EVENING APPOINTMENTS** are now available. Call for dates and times.