

Transcript for easy reading. Dr. Oz and Andy Rosenfarb

Dr. Oz:

So at this point, this happened to me recently, it's driving me batty.

Speaker 2:

Okay.

Dr. Oz:

But I've got to reach out like this now and I still have trouble focusing. So if you're reading your menus at arms length, that's a concern.

Speaker 2:

Okay.

Dr. Oz:

So I'm going to ask a world expert to come join us. I wanted to bring in a naturopathic doctor, Andy Rosenfarb. He specializes in holistic eye treatments. Andy, welcome to the ... come join us for a meal.

Andy Rosenfarb:

Thank you.

Dr. Oz:

And I ask Andy to come on today, I asked all my ophthalmology friends what we can do about presbyopia and the conventional wisdom is you can't do very much. But I actually have read in some of the alternative literature, that things ... things that do work. So first of all, is there anything we can really do about presbyopia that makes sense in your practice?

Andy Rosenfarb:

Well, Dr. Oz, the good news is there are things we can do. We can actually exercise the muscles of the eye because the eyes have muscles that help us focus, just like we could exercise any other muscles in our body. We can do eye exercises that can help strengthen to help us focus better.

Dr. Oz:

So show us one of them, if you don't mind.

Andy Rosenfarb:

Yeah.

Dr. Oz:

Y'all have pens in the audience, right? You should have pens, I hope. Everyone at home do the same little exercises. Get a ... it could be a kitchen utensil, a pen, anything, and go ahead, show it to us.

Andy Rosenfarb:

So, what I have my patients do to help strengthen these muscles, to help us focus, are we look at the tip of the pen, count to about three to five. Then we focus on an object in the distance.

Speaker 2:

Okay.

Andy Rosenfarb:

Find something, look out the window, or if you're in home look for something, you know, maybe 20-feet away. Look then, look back at your pen, then look far away. Then look close. What this does, is it helps flex the muscles and exercise the muscles, which help us to focus.

Dr. Oz:

Do we all get presbyopia or is it something that we can cause it ourselves?

Andy Rosenfarb:

Unfortunately, everybody's probably going to get it at a certain point in time. The bigger issue is what we can do or not do to prevent that. So, there are certain habits and lifestyle factors that we can do that may accelerate presbyopia.

Andy Rosenfarb:

Aging has a lot to do with dehydration and oxidation. So, if we do things like reduce alcohol consumption, smoking, coffee, any stimulant, sugar, that's going to reduce the hydration levels.

Speaker 2:

No wine?

Dr. Oz:

No wine? No, wine's okay. Notice he did not say wine.

Andy Rosenfarb:

In Chinese medicine, everything in moderation. So you know, a little bit, it's just not excess to over oxidize and dehydrate the body.

Dr. Oz:

Do you doing any of those things?

Speaker 2:

No, I don't.

Dr. Oz:

And there's some medications, also, that can accelerate presbyopia and I wanted to bring this to all your attention. So antihistamines, antidepressants, diuretics. These are very common medications. We'll put a bunch more of these on droz.com because if you're on pills like these, you could actually accelerate this.

Dr. Oz:

Last question, a very selfish question. I don't know if you have cheaters yet. These are my cheaters. They really are.

Speaker 2:

Reading glasses?

Dr. Oz:

A lot of folks like me go into the drugstore and we figured we'll pick these up. It makes it a little easier to read restaurant menus and the like, are we doing harm to our eyes by wearing cheaters?

Andy Rosenfarb:

Yes and no. You're not doing harm if you have the right prescription. The problem is people will go into the drug store without knowing their prescription and they'll get a prescription that's too strong and what happens is our body will actually adapt to the stronger prescription. Your eyes get worse. Your prescription gets stronger.

Andy Rosenfarb:

So what I have my patients do is find out their prescription from their eye doctor. Actually go a little lower. So your eyes will actually strengthen and use them as little as possible.

Dr. Oz:

So I only use them when I read now.

Andy Rosenfarb:

Correct.

Dr. Oz:

Perfect. Thanks for being my assistant today.

Speaker 2:

Thank you.

Dr. Oz:

All right. We'll be right back. We got to eat now.