

Early Treatment Of Glaucoma Can Save Some Sight

By R. H. SUTHERLAND, M.D.

Glaucoma is the most important cause of blindness in adults. One out of every 50 persons in California over the age of 40 is losing sight from this disease, and the sad part of it is that sight loss due to glaucoma cannot be restored. The damage caused by this condition is irreversible, and unless medical treatment is received blindness is inevitable. When proper care is obtained before the course of the disease is too far advanced, however, remaining sight can be saved.

The chronic and most common form of glaucoma is generally painless in its early stages, and loss of sight is so gradual that it is either imperceptible or thought to be part of the normal aging process. The victim can therefore be completely unaware that his eyes are badly in need of medical care.

Glaucoma occurs when the fluid in one or both eyeballs can no longer circulate as it should. Tension or pressure then builds up within the eye, and the fluid is pushed against the retina at the rear of the eyeball. Unless the condition is treated, the retinal nerve cells are gradually destroyed and sight is lost.

AS GLAUCOMA progresses, loss of peripheral or side vision occurs, causing the "tunnel vision" characteristic of this condition. Objects become blurred or foggy, rainbow-colored rings may be seen around lights, a pronounced inability of the eyes to adjust to darkness is evident, and no glasses can be obtained which give complete satisfaction.

The acute and relatively infrequent form of glaucoma is

characterized by sudden cloudiness of vision, which may or may not be accompanied by severe pain. This type of glaucoma occasionally runs in families, and experts estimate that about 10 per cent of acute glaucoma cases have an hereditary basis.

Detection of glaucoma is not difficult. An instrument (tonometer) is now used which accurately measures the pressure building up in the eyeball. When the pressure is above normal, the presence of the disease is indicated.

EVERY PERSON over 40 should have periodic examinations for glaucoma, either as a routine part of physical check-ups or during community glaucoma screening programs. Even when the test is negative, a recheck is advisable every two years.

It is important to remember that in order to prevent glaucomatous blindness it is not only necessary to discover the condition, but also imperative that treatment be started before the disease is too far advanced. Even with all possible therapy, deterioration of vision can rarely be checked in the later stages of the disease.

IN NEARLY all cases, early treatment can prevent the progress of the disease and preserve the vision for the lifetime of the individual. It is emphasized that sight already lost can never again be restored. A pamphlet giving more information on glaucoma will be mailed to anyone who sends a card of request to the Division of Public Health Education, Los Angeles County Health Department, 241 N. Figueroa St., Los Angeles 12.

Thomas Reports Enthusiasm Over Single Port Proposal

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Thomas first proposed the single administration Nov. 13, in remarks addressed to the Maritime and Harbor Affairs Committee of the Los Angeles Chamber of Commerce.

Fulton Wright, vice president of Matson Navigation Co., has said such a port authority would present "a united single gateway to the world and to competing areas."

Governor Edmund G. "Pat" Brown said he "would have a port authority for the (San Francisco) Bay and then one for the Los Angeles-Long Beach area down there if I could rule by decree, but I don't want to."

Brown further said he and Thomas had not met on the proposal. Replying to the Governor's comments, Thomas said he would try to meet with Brown when he is in Sacramento. Thomas added that he was sure the Governor and he "have in mind a voluntary coordination of the two ports."

Veteran Questionnaires Due Jan. 31, Warns Vet Officer

Veterans and veterans' survivors who are drawing non-service connected pensions have received an annual questionnaire from the Veterans Administration, Loren Hoff,

area veterans service officer, said this week.

Hoff advised pensioners needing help in filling out the questionnaire cards to call the Inglewood or Torrance branch office of the County Veterans Service Office. The cards must be returned by Jan. 31, 1964.

The questionnaire is used to determine whether the pensioner's income is within the income limitation. Failure to return the card in time may result in stoppage of pension payments, Hoff said.

The questionnaires were sent to all veterans or their widows and children who are drawing non-service connected pensions, and to all veterans' parents receiving benefits under the dependency and indemnity compensation program.

The Torrance branch is located at 3231 Torrance Blvd., Room 201, and is open Thursdays and Fridays. The Inglewood office, open Monday through Wednesday, is located at 330 Centinela Ave.

Births

TORRANCE MEMORIAL HOSPITAL

- WALKER—Mr. and Mrs. James, 1422 Plaza Del Amo, a girl, Trecca Lynn Walker, Nov. 21.
- COLE—Mr. and Mrs. Richard J., 1419 W. 224th St., a boy, Randall Jay, Nov. 22.
- EDWARDS—Mr. and Mrs. Donald, 544 King St., Apt. 4, a girl, Wendy K. Edwards, Nov. 22.
- TARDAGUILA—Mr. and Mrs. Richard, 229 N. Irena, a girl, Marianna, Nov. 22.
- BRENT—Mr. and Mrs. James Jr., 2665 W. Carson St., a boy, James III, Nov. 26.
- WALTERS—Mr. and Mrs. William, 1723 Date Ave., a girl, Julie Ann, Nov. 26.
- SARACENO—Mr. and Mrs. Peter, 2103 W. 103rd Place, a boy, Michael Anthony, Nov. 26.
- SOBETZER—Mr. and Mrs. Brian, 26035 Oak St., a girl, Alyson Leo, Nov. 27.
- NEIL—Mr. and Mrs. Earl, 434 Harbor Hills, a boy, William Jr., Nov. 27.
- WHITE—Mr. and Mrs. Jerry, 1287 Rittner, a boy, Jeffrey Michael, Nov. 27.

Garden Checklist

1. You can still plant bulbs. Tulips and hyacinths should be cooled in the refrigerator (not the freezer) for two weeks before planting.
2. Clean up litter in the garden, particularly any leaves under plants in a shady area where insects could hide and breed.
3. Clean tools and rub them with a light oil to prevent rust.
4. Clean your spray equipment completely and carefully.
5. Check your nursery for unusual bulbs, particularly the species tulips, scilla, snowdrops, snowflakes, dwarf iris.



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ROSEDALE
CUT GREEN BEANS
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F & P SLICED
BARTLETT PEARS
large 2 1/2 can **33¢**



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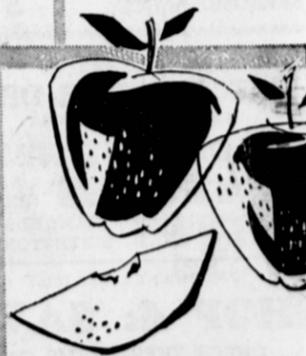
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