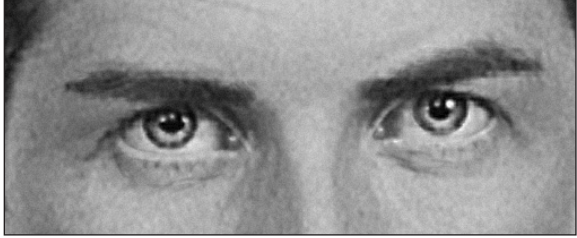


# Are you at risk for macular degeneration?

Age-related macular degeneration (AMD) is the leading cause of permanent vision loss in Canada for individuals aged 50 years and older.

Due to Canada's aging population, annually diagnosed cases of AMD are expected to triple in the next 20 years. Recent studies suggest that for the first time, treatment of dry AMD may now be possible.

"Dry AMD occurs when small deposits, called drusen, form in the tissue just below the retina," says Dr.



David Eldridge, an international specialist in the field. "This gradually worsening condition can cause a significant loss of central vision, noticed by patients as a constant blur, or a distortion of the objects they see. Over time this degeneration can severely compromise one's independence, where simple tasks like driving, writing, reading street signs, labels, and medication instructions, may no longer be possible."

While doctors debate the exact cause of dry AMD, they agree that those most at risk are:

- Seniors, especially women 50-plus

- Seniors, with a genetic or family predisposition to the condition
- Smokers, a habit that more than quadruples the risk
- Sun worshippers
- Bad eaters, or those who pay little attention to nutrition.

If you notice symptoms such as central distortion, difficulty in making out shapes and colours, or your new eyeglass prescription doesn't work, you may be experiencing the early stages of dry AMD and symptoms may gradually get worse over time.

**New treatment available in Canada**  
"Using patented filtering technology, a revolutionary new treatment called the RHEO Procedure, removes the particles that are found in drusen associated with dry AMD from your blood plasma," Dr. Eldridge explained. "The procedure is as safe and as easy as giving blood."

If you have dry AMD or you think you may be at risk for developing it, contact your eye doctor or visit [www.rheo.com](http://www.rheo.com) for more information about the RHEO procedure and current clinical research.

- News Canada

# Rampulla's Martial Arts welcomes master instructor

Owner and head instructor Sensei Tony Rampulla, a former 25-year award-winning professor of Computer Science from Humber College, is sharing his 35 years of martial arts knowledge with his students.

At Rampulla's Martial Arts, karate is a family affair, with sons Christian, 15 and Dylan, 12. Both have their black belts

**Master Bill Pickells is the new master instructor at Rampulla's Martial Arts.**

in tae kwon go and in Shotokan karate since the age of 10 and both have won world championships and numerous regional and national titles.

Rampulla's Martial Arts is proud to announce that Master Bill Pickells, the martial artist with the most winnings in Canadian history, will be the new master instructor and head coach of Rampulla's Team Bonsai.

At Rampulla's Martial Arts, families come first. All members are to be part of their martial arts family. This is reflected in the high level of quality service and the care given to each and every student. Rampulla's teaches both traditional martial arts and the modern self defence— and a philosophy that

can improve the quality of your life with easy to understand teaching methods.

This means you'll get more out of your practice and learn to apply the techniques and concepts to make a positive change in your life. The club



has 11 family-based classes per week and offers five classes for ages 4 to 8 years old per week, with no limit to the number of classes that you can attend.

Rampulla's also offers tai chi on Tuesday nights and has five kick boxercise classes per week.

Rampulla's Martial Arts is located at 211 Armstrong Ave. in Georgetown. For more information call 905-702-1116, e-mail [tony@rampullasmartialarts.com](mailto:tony@rampullasmartialarts.com) or go to [www.rampullasmartialarts.com](http://www.rampullasmartialarts.com)

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