

Glaucoma: Finding Out if You are at Risk

By SAMUEL BOLES, M.D.

What is Glaucoma?

Glaucoma is a group of diseases that can steal your sight without warning or symptoms. Without treatment, glaucoma can lead to blindness. Over 3 million Americans have Glaucoma and half of them are unaware that they have it. Everyone is at risk; however, certain factors may increase your risk including: if you are over 60 years of age or are African American, or if you have high myopia (nearsightedness), diabetes, hypertension, or are a steroid user.

Types of Glaucoma


The most common type of glaucoma stems from elevated eye pressure damaging the optic nerve. There is no cure for glaucoma—yet. However, medication or surgery can slow or prevent further vision loss and treatment has come a long way in recent years with



advancements in technology and medication. The good news is that with regular eye exams, early detection, and treatment, you can preserve your sight. **Have you had an eye exam recently?**

Continuing the Goal for Patient Satisfaction

Since opening Anne Arundel Eye Center in Annapolis in 2007, Dr. Boles has

diagnosed countless patients with common eye problems. He is passionate about educating patients and their families concerning prevention and treatment. Dr. Boles chose to specialize in Glaucoma and Cataract care because of the overwhelming need. His patients know that he is their biggest cheerleader, coach and doctor, all in one. It is important to him to, “Treat my patients the way I want to be treated when I see a doctor.” 

Samuel Boles, MD
Cataract & Glaucoma Specialist
127 Lubrano Drive, Suite 301 • Annapolis, MD 21401
410-224-2010
www.EyeCenter2010.com



ANNE ARUNDEL Eye Center
Cataract & Glaucoma Specialist

Dr. Boles received his medical degree from the Medical College of Georgia in 1988. In 1989 he obtained National Board Certification in Medicine by the National Board of Medical Examiners. He then achieved Ophthalmology Board Certification 1997 by the American Board of Ophthalmology and is a Board Certified Fellow of the American Board of Ophthalmology, full renewal in 2007. In 1998 he founded the Glaucoma Co-Management Roundtable, dedicated to improving communication and education, thus enhancing patient care. Dr. Boles is a proud volunteer in the community. He has offered free cataract and glaucoma surgeries for those in need and performs free glaucoma screenings with The Polakoff Foundation for glaucoma, where he is also a member of the Board of Directors.

C'mon Get Happy: A Naturopathic Approach to Anxiety and Depression

By DR. RACHEL M. ANDERSON, ND

Most of us experience periods of anxiety or depression. Mood problems interfere with our relationships, our ability to do the things we want to do, and our enjoyment of our lives. Thankfully, there are ways to improve your mood naturally!


Our thoughts affect our emotions and alter levels of neurotransmitters and hormones. Positive thoughts generate calm and happy feelings while negative thoughts generate fearful, angry, or sad feelings. Try thinking about something for which you're grateful when you notice a negative thought. Positive thinking is powerful!

Nutrition, sleep, and exercise are vital for a good mood. Keep your blood sugar balanced by avoiding processed foods, sugar, and caffeine. Follow a high fiber diet that contains healthy fats (raw nuts, nut butters, avocado, olive oil, fatty fish) and proteins. This keeps your mood and energy level stable. Deficiencies of essential fats, magnesium, and other nutrients are associated with mood problems. Consider taking high quality fish oil, a multivitamin, and a calcium-magnesium supplement.



Sleep at least eight hours nightly and establish a regular sleep routine. For seasonal depression, expose yourself to morning sunshine or consider a therapeutic light box. Vitamin D may also help. Add thirty minutes of aerobic exercise on most days and a daily stress management practice.

If these changes aren't enough, or if you can't get motivated, natural medicines can provide additional support. Herbs, amino acids, homeopathic medicines, and flower essences help many people.

If you have difficulty meeting your basic needs or you have thoughts of hurting yourself or someone else, seek professional help immediately. If you need support to improve your mood, please get it. You deserve to feel good and enjoy the richness of your life! 

Dr. Rachel Anderson earned a Doctor of Naturopathic Medicine degree from Bastyr

University in Seattle and maintains a current naturopathic physician license in Washington state. She earned an undergraduate degree in biological psychology at The College of William and Mary in Virginia. Dr. Anderson is the owner of Annapolis Natural Health, LLC in West Annapolis, where she specializes in helping people of all ages who have sleep problems, hormonal concerns, digestive disorders, allergies and autoimmune disorders. For more information or to schedule an appointment, please call 410-268-2025.

Annapolis Natural Health, LLC

Rachel M. Anderson, ND
Naturopathic Doctor

115 Ridgely Ave.
Annapolis, MD 21401

Phone 410-268-2025
Fax 410-268-2035

www.AnnapolisNaturalHealth.com