



For Immediate Release

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**Diabetic Optometric Physician from Washington State to Release Book Focused On
Diabetic Eye Disease**

A new book will soon be available that could save the vision of more than 195,000 Washington State residents diagnosed with diabetes.

Paul Chous, M.A., O.D., of Tacoma, Wash. is set to release one of the only books focused on vision care for diabetics. As both an optometric physician and diabetic, Dr. Chous offers readers a perspective and insight not found anywhere else.

The book, *Diabetic Eye Disease: Lessons From A Diabetic Eye Doctor – How to Avoid Blindness and Get Great Eye Care*, has received glowing reviews from some of the top diabetes authorities in the nation. It will be released in late March, but can be pre-ordered starting approximately March 3rd at www.diabeticeyes.com or www.amazon.com.

"This is one of the most down to earth and practical books on the topic ever written," said Steven V. Edelman, M.D., Division of Diabetes and Metabolism Professor of Medicine, UC San Diego. "It takes a complicated subject and explains things in black and white terms that are easy to understand. This book will undoubtedly help the many people living with diabetes and eye disease, *and* those hoping to avoid it." Dr. Edelman is also Founder and Director of the highly acclaimed *Taking Control of Your Diabetes* non-profit organization.

"I made the decision to become an optometric physician after two other optometric physicians helped prevent me from going blind," Dr. Chous said. "Through this book, I can reach individuals beyond my patients by compiling the best knowledge on diabetes management in a single place together with my own studies and experience."

While a senior in college, Dr. Chous's optometric physician diagnosed him with the early stages of diabetic retinopathy and recommended treatment. Unfortunately, he ignored the diagnosis until another optometric physician-to-be, his brother, made him visit a retinal specialist before leaving for grad school. And to this he owes his vision. Dr. Chous's condition had deteriorated and he would have lost significant vision without immediate laser treatment.

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While thoroughly discussing all bodily complications related to diabetes, the book acts as a single resource for all diabetic eye complications. In addition, the book presents new information, from how sleep apnea is a risk factor for diabetic eye disease, to questions you should ask your doctor, to how food preparation can contribute to vascular diseases.

Dr. Chous will be a keynote speaker at the American Diabetes Association's Diabetes Expo at Seahawks Stadium on Saturday, April 12 at 9:30 a.m. Following his talk, he will be holding a book signing.

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| Who: | Paul Chous, M.A., O.D. of Tacoma Washington and member of the Optometric Physicians of Washington |
| What: | New book: <i>Diabetic Eye Disease: Lessons From A Diabetic Eye Doctor – How to Avoid Blindness and Get Great Eye Care</i> |
| When: | Late March release - can be pre-ordered approximately March 3 rd at: www.diabeticeyes.com and www.amazon.com . |
| Where: | Dr. Chous will be holding a book signing and is a keynote speaker at the Diabetes Expo in Seahawks Stadium, Saturday, April 12, 9:30 a.m. |

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