

# Health



A commitment to intermittent fasting for long periods of time is often difficult, Dr. Guy L. Mintz said. GETTY IMAGES

## But making a commitment is difficult for most

Kristin Lam USA TODAY

Trading holiday feasts for intermittent fasting could yield health benefits from lower cholesterol to reduced stress, according to a study. ■ The dieting method requires patience, researchers wrote in a review published Thursday in the New England Journal of Medicine, but doctors can help patients reach the scientifically proven benefits or warn at-risk groups to avoid it.

While intermittent fasting diets vary, the practices of alternating between certain periods of eating and not eating fall into two categories, said co-author Mark Mattson, a neuroscience professor at the Johns Hopkins School of Medicine.

One restricts eating to six to eight hours per day, and another limits people to one moderate-sized meal two days each week.

The eating patterns can increase resistance to stress and improve blood sugar regulation, while decreasing blood pressure, blood lipid levels and

resting heart rates, Mattson wrote. Multiple studies on humans and animals have reported those results, he said.

“We are at a transition point where we could soon consider adding information about intermittent fasting to medical school curricula alongside standard advice about healthy diets and exercise,” Mattson said in a statement.

Even so, committing to intermittent fasting for long periods of time is often difficult, said Dr. Guy L. Mintz, director of cardiovascular health and lipidology at Sandra Atlas Bass Heart Hospital in

New York. Some studies show patients eating more than is recommended on fasting days and less on feast days, said Mintz, who did not participate in the review.

Mintz also urged certain groups to avoid intermittent fasting, including patients who are not overweight. Most clinical studies have worked with overweight young and middle-age adults, the study said, so more trials on other ages are required.

“Intermittent fasting may not be a good diet for diabetic patients on medications and/or insulin that could have

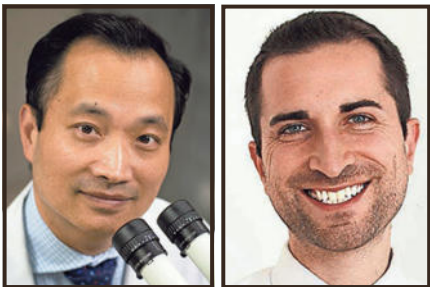
swings in blood sugar,” Mintz said.

The diet works, Mattson wrote, by changing a person’s metabolism similarly to how humans adapt to times of food scarcity. The body uses up its sugar stores, which metabolize quickly, and slowly converts fats into energy.

“A diet of three meals with snacks every day is so ingrained in our culture that a change in this eating pattern will rarely be contemplated by patients or doctors,” the study said. “The abundance of food and extensive marketing in developed nations are also major hurdles to be overcome.”

## Wang Vision published the world’s first textbook on astigmatism

### Irregular astigmatism can now be treated



Dr. Ming Wang, MD, PhD and Dr. Joshua Frenkel, MD, MPH, Wang Vision Institute

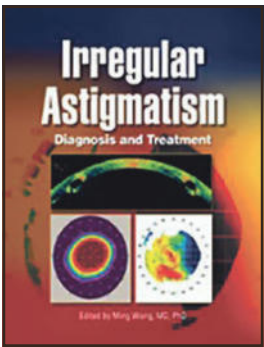
Astigmatism causes blurred vision both far away and up close. The most common source of astigmatism is due to differences in curvature on the front of the eye, called the cornea. An eye with astigmatism is often referred to as “football shaped” instead of the uniformly curved “basketball shaped” cornea. Astigmatism is one of the most common types of vision disorders, affecting roughly 1 in 3 people around the world. Historically, astigmatism was hard to treat with surgery.

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**Dr. Ming Wang**, Harvard & MIT (MD, *magna cum laude*); PhD (laser physics), is the CEO of Aier-USA and Director of Wang Vision 3D Cataract & LASIK Center. He has received many honors including the Honor Award from the American Academy of Ophthalmology, the Lifetime Achievement Award from



The world’s first textbook dedicated to treating irregular astigmatism (courtesy of Dr. Ming Wang, Harvard & MIT (MD, *magna cum laude*); PhD (laser physics))

the Association of Chinese American Physicians, and Kiwanis Nashvillian of the Year Award for this lifetime dedication to help blind orphan children worldwide. **Dr. Joshua Frenkel**, MD, MPH, is a graduate of the prestigious Tulane University, where he earned both his medical degree and a Master of Public Health. He completed an advanced anterior segment fellowship at a top fellowship in the country, with an emphasis on micro-invasive glaucoma surgery (MIGS). Dr. Frenkel

specializes in a range of laser eye surgeries, including those for glaucoma, cataracts, and refractive errors such as LASIK and SMILE. He is also a dry eye and corneal specialist. **Wang Vision doctors (Drs. Joshua Frenkel, Marianne Johnson, Nathan Rock and Ming Wang)** have performed over 55,000 procedures (including on over 4,000 doctors). They have published nine textbooks, hold several U.S. patents and performed the world’s first laser artificial cornea implantation. Wang Vision is currently the only center in the state that performs 3D SMILE & 3D LASIK (18+), 3D Implantable Contact Lens (21+), 3D Forever Young Lens (45+) and 3D Laser Cataract Surgery (60+). They have founded a 501c(3) nonprofit charity, Wang Foundation for Sight Restoration, which to date has helped patients from over 40 states in the U.S. and 55 countries with all sight restoration surgeries performed free-of-charge. This column is produced by its sponsor Wang Vision Institute.