

# Do your homework for best dental care

The mouth is where the body's inner workings meet the outside world more closely than anywhere else.

Not only is it the portal for our nourishment, but for most of us it is also our primary instrument for communicating with each other.

The teeth, the gums and the tender tissue around them team up to make an essential system for health.

It is a complex system, however, and the chances for invasion and infection are part of its working environment.

So finding a dentist who can help you build a better understanding of it is important, because peace of mind is one of the best outcomes of good dentistry.

It begins with finding a dentist who can be your most effective source of information.

## Trust is essential

Today's dental office has replaced old-fashioned X-rays



Dr. Stephen Durham

with digital imaging and other techniques that show you and the dentist exactly what's wrong faster, easier and more accurately than we even imagined in times past.

But better imaging and other tests are only the tools of today's patient education.

The careful consultation you receive is the foundation of moving forward effectively. It empowers you to proceed with confidence and understanding.

You are the boss.

It is your understanding of the choices available that puts you in the driver's seat. Trusting the dentist who advises you is essential.

Your initial consultation is a great indicator of whether

this is a professional relationship that suits you.

A practice that consults with compassion, with understanding of you as a person, is in a far better position to present you with options for treatment that make sense to you.

And a practice that knows you by name when you arrive, that personalizes each visit by knowing the things that make you feel comfortable – that practice can perform the skills of dentistry in a way that assures you of poise and confidence.

A recipient of the 2012 *Mastership Award from the Academy of General Dentistry (AGD)*, Dr. Stephen Durham is a graduate of *Clemson University and the Medical University of South Carolina College of Dental Medicine*. He is a past recipient of the *LVI Fellowship Award for Neuromuscular and Cosmetic Dentistry*. Durham practices at *Durham Dental at Town Center in Beaufort*. For more information, visit his website at [www.DrStephenDurham.com](http://www.DrStephenDurham.com) or call 843-379-5400.

## New treatments for dry age-related macular degeneration

Macular degeneration is currently the leading cause of visual impairment in the U.S.

Breakthrough treatment with anti-VEGF eye injections such as Avastin (bevacizumab, Genentech), Lucentis (ranibizumab, Genentech) and Eylea (aflibercept, Regeneron) has almost arrested the progression of the wet form of the disease.

However, almost 80 percent of people diagnosed with age-related macular degeneration (AMD) have the non-neovascular (dry) or atrophic subtypes.

The American Academy of Ophthalmology notes that the most advanced form of non-neovascular AMD, known as geographic atrophy (GA), can occur as early as in intermediate AMD or (more typically) in advanced AMD.

Estimates predict advanced AMD will impact as many as 3 million people in at least one eye by 2020.

The growing number of aging Americans



Dr. Mark Siegel

underscores the need for treatments that can prevent progression of and/or treat advanced AMD.

### Trials underway

Surprisingly, no treatments are currently available for the prevention of GA. Evidence from the Age-Related Eye Disease Study (AREDS) suggests antioxidant vitamin and mineral supplementation may help prevent the progression to neovascular AMD, but the study failed to show that vitamin supplementation decreased progression to geographic atrophy.

Even in AREDS2, when beta-carotene was replaced with lutein/zeaxanthin to decrease the risk of lung cancer, the new formulation also failed to show decreased progression to GA.

Clinical studies are underway to further elucidate and understand the mechanisms of dry AMD and to evaluate new therapeutics directed at slowing the progression.

There are currently two large phase 3 trials underway for the treatment of GA. The FILLY study assesses the safety, tolerability and evidence of activity of multiple intrav-

itreteal (IVT) injections of APL-2 (Apellis Pharmaceuticals) for patients with GA. The second is a multicenter, randomized, double-masked, sham-controlled study to investigate IVT injections of lamlpalizumab in patients with GA.

The discovery of complement byproducts in drusen led to associations between complement dysregulation and AMD.

Thus, several researchers are evaluating the complement cascade as a clinical therapeutic target for non-neovascular AMD.

Factor D is considered a critical early component of the alternative pathway that involves complement factor H. Factor D is an upstream of factor B and other AMD-associated proteins, making it a potential powerful target for treatment.

Anti-inflammatory agents under development include lamlpalizumab, fluciclonolone, glatiramer acetate, sirolimus, eculizumab and ARC-1905.

These are but the tip of the iceberg of compounds under development for advanced AMD or GA.

Visual cycle inhibitors are among those in

latter-stage development and include fenretinide, ACU-4429 and ALK-001.

These compounds down-regulate the visual cycle to decrease the accumulation of the toxic waste products of retinal metabolism. Amyloid-beta has been found in drusen, and RN6G and GSK933776 are in development to regulate amyloid-beta accumulation.

Neuroprotective drugs are also under development, including UF-021, ciliary neurotrophic factor and brimonidine tartrate intravitreal implant.

Topical agents such as MC-1101 are attempting to slow AMD by increasing choroidal perfusion.

Stem cell therapies including HuCNS-SC and MA09-hRPE are also under investigation as potential treatments for GA.

At this point, it is too early to tell which — if any — of these treatments will become a standard of care.

Dr. Mark S. Siegel is the Medical Director at Sea Island Ophthalmology on Ribaut Road in Beaufort.

Visit [www.seaislandophthalmology.com](http://www.seaislandophthalmology.com) for more information.

## HEALTH BRIEFS



### Enjoy dinner with the president

Debbie Schuchmann and Alice Moss of the BMH Foundation are seen at left "cooking up" another great auction item for the 2017 Valentine Ball, a dinner they will prepare with BMH President & CEO Russell Baxley and his wife Stephanie as the featured guests. Among the other items for auction are tickets to the Duke/Wake Forest basketball game, quail hunts, original art, vacations and more. The Valentine Ball is sold out, but a limited number of tickets remain for the Cocktail Affair on Friday, Feb. 10, where guests will have an opportunity to preview and bid on all the auction items (and learn how to use the new mobile bidding system so they can update their bids from anywhere) and be treated to elaborate hors d'oeuvres, a bourbon and champagne tasting, as well as open bar and live music by Vic and Friends. It all happens from 6-8:30

p.m. Tickets start at \$75 per person.

For more information or to purchase tickets to the Cocktail Affair, call 843-522-5774 or visit [ValentineBall.org](http://ValentineBall.org).

### Security officer of year is named

Krystal Brown, of Beaufort Memorial Hospital, has been named 2016 Security Officer of the Year at the Security Directors of South Carolina breakfast meeting in Palmetto Bluff.

She was presented with the award in recognition of her dedicated and outstanding service to Beaufort Memorial Hospital throughout 2016.

"The Beaufort County Sheriff's Office values our relationships with the many private security forces throughout Beaufort County," according to a release from the sheriff's office. "They are an invaluable resource to law enforcement and our citizens."

## TIDE CHART

for Feb. 2-8  
provided by

**BUTLER**  
*Marine*

Butler Marine is the largest full service dealer in the Lowcountry and the largest Key West Dealer in the world! We also sell Stingray Boats, World Cat Catamarans, Everglades Boats, and Yamaha Outboards. We are also an authorized service center for Yamaha, Mercury, Suzuki, Evinrude, and Honda Outboards. You can view our entire inventory of new and used boats at [Butlermarineinc.com](http://Butlermarineinc.com)  
843-522-9461  
70 Sea Island Parkway  
Beaufort, SC 29907

DAY	DATE	HIGH /LOW	TIDE TIME	HEIGHT FEET	DAY	DATE	HIGH /LOW	TIDE TIME	HEIGHT FEET		
TIDES FOR BROAD CREEK, HILTON HEAD ISLAND	Th	2	Low	6:06 AM	-0.2	TIDES FOR BEAUFORT	Th	2	High	12:33AM	7.5
		2	High	12:16 PM	7.3			2	Low	6:40 AM	-0.2
		2	Low	6:37 PM	-0.5			2	High	1:02 PM	7.3
	F	3	High	12:54 AM	7.6			2	Low	7:11 PM	-0.5
		3	Low	7:03 AM	0.1		F	3	High	1:30 AM	7.5
		3	High	1:24 PM	7.1			3	Low	7:37 AM	0.1
	Sa	3	Low	7:33 PM	-0.4			3	High	2:00PM	7.1
		4	High	1:55 AM	7.7			3	Low	8:07 PM	-0.4
		4	Low	8:09 AM	0.3		Sa	4	High	2:31 AM	7.6
		4	High	2:25 PM	6.9			4	Low	8:43 AM	0.3
		4	Low	8:36 PM	-0.3			4	High	3:01 PM	6.8
	Su	5	High	2:57 AM	7.7			4	Low	9:10 AM	-0.3
5		Low	9:20 AM	0.3	Su	5	High	3:33AM	7.6		
5		High	3:29 PM	6.8		5	Low	9:54 PM	0.3		
	5	Low	9:42 PM	-0.4		5	High	4:05 PM	6.8		
M	6	High	4:02 AM	7.9		5	Low	10:16 AM	-0.3		
	6	Low	10:29AM	0.1	M	6	High	4:38 AM	7.8		
	6	High	4:34 PM	6.9		6	Low	11:03 PM	0.1		
	6	Low	10:46 PM	-0.6		6	High	5:10 PM	6.8		
Tu	7	High	5:06 AM	8.0		6	Low	11:20 AM	-0.6		
	7	Low	11:32 AM	-0.2	Tu	7	High	5:42 AM	7.9		
	7	High	5:38 PM	7.1		7	Low	12:06 PM	-0.2		
	7	Low	11:46 PM	-0.9		7	High	6:14PM	7.1		
W	8	High	6:09AM	8.3		8	Low	12:20 AM	-0.9		
	8	Low	12:29PM	-0.5	W	8	High	6:45 AM	8.5		
	8	High	6:38 PM	7.3		8	Low	1:03 PM	-0.7		
Th	9	Low	12:43 AM	-1.2		8	High	7:14 PM	7.5		