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PORT B-05  
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Compassionate - Cutting Edge - Care

# THE VILLAGES: EPICENTER OF *CUTTING EDGE* RETINAL CARE

Dr. Shalesh Kaushal has developed a world-class retina center in his clinic, Comprehensive Retina Consultants, right here in The Villages.

He combined his passion for taking care of patients with intensive basic and clinical study of retinal diseases to develop a practice where patients receive both treatment and education. "The opportunity to help someone with a vision problem is an honor and blessing," he says. Dr. Kaushal goes on, "Beyond the technology, testing and treatments, to be really effective in helping patients,





## THE **SECOND** COMPONENT

Dr. Kaushal has a special passion for the second stage in his treatment protocol. "The retina has the largest blood supply per unit volume in the body and is extremely metabolically active. Changes that occur in the body can be transmitted to the retina through the systemic circulation. Indeed, nearly all diseases of the body manifest themselves in the retina," he says.

Part of the doctor's strategy for developing a treatment for a patient with a retina problem is assessing the patient's overall health, first. Is there something going on outside the eye that may be causing problems? Is there a deficiency? A chronic disease? A genetic influence at work? Dr. Kaushal often reviews the patient's blood work and recommends additional blood testing himself.

As he explains, "We know that at their core, chronic diseases in general and those of the retina are caused by 5-6 important cellular pathways. Our treatment of patients recognizes this. It has evolved into using a combination of pharmaceutical agents along with the thoughtful, evidence based use of nutraceuticals and supplements. Dr. Kaushal goes on to explain, "The drugs are to rapidly treat the immediate symptoms of the

retinal disease while the nutraceuticals and supplements treat the root biochemical causes of the disorder. In this way, we can relieve the acute symptoms rapidly while simultaneously improving the overall health and function of the retina. Such an approach is novel but has produced wonderful results for our patients."

Indeed, Dr. Kaushal was invited both nationally and internationally to share his approach and results for treating retina patients with his peers.

## THE **THIRD** COMPONENT

Clinical trials, perhaps the one stage that appeals most to the scientist in Dr. Kaushal, is the third way he is pushing the leading edge further.

"We are involved in a set of novel, first-in-the-world clinical trials," he says. For instance, Dr. Kaushal measures blood vessel health to predict, stop, and potentially reverse retinal disorders. What can we learn from dysfunctional blood vessels? The lining cells of blood vessels communicates with the wall of vessel to determine elasticity and how well they dilate. In many chronic diseases these important cells no longer work optimally. Using a non invasive device, we can measure how well blood vessels dilate at the tip of the finger where there are tiny blood vessels like those in the retina.

Separately, we're doing clinical studies to accurately determine the amount of debris (lipofuscin) in the nourishing cells of the retina. This debris material affects vision especially in patients with macular degeneration. We are separately testing treatments to reduce and eliminate this debris," he says.

Genomic testing is another area being actively pursued. We examine DNA variations in critical genes associated with retinal

diseases and how genetic weaknesses can be overcome with targeted, custom treatment protocols. The test itself is easy to do. The challenge is organizing and analyzing the vast amount of data we get from those studies," he adds.

## THE **FOURTH** COMPONENT

In addition to all his clinical/surgical practice and research interests, Dr. Kaushal has started a yearly meeting entitled, "Can Chronic Diseases be Reversed?"

"It's something that my wife and I both feel passionately about. Diseases like Alzheimer's, glaucoma, macular degeneration, hypertension, coronary artery disease, diabetes, obesity, osteoarthritis, and others are rising exponentially in the U.S. and worldwide. This meeting is dedicated to creating understanding and awareness of treatments that can help mitigate these disorders and in some instances reverse them. The Kaushals invite world- renowned clinicians and scientists from

the premier medical and research institutes including places like Harvard, Yale, Cornell, Duke, NIH, UCLA, Cleveland Clinic to name a few.



Artwork from Dr. Kaushal's foreign travels adorns both locations



"February 1-2, 2019, will be our third one at Mission Inn Resort. We again have outstanding clinicians and scientists in different areas of medicine and basic research. We want both health-care professionals and the curious lay person to learn from these talented people. The previous attendees have really enjoyed listening and interacting with the speakers. We purposely keep the registration fee to a minimum so that's not a barrier for people to participate," he says.

Why does he do it? What keeps Dr. Shalesh Kaushal in the clinic, treating patients, and designing new tests and dividing his time between so many worthy projects?

"I have been blessed to receive so much in my life and I want to give back to my patients and society," he says. It is something I learned from my parents and my mentors. The goal is to make as large and positive dent in the universe by helping as many people as possible!"



For more information on the event "Can Chronic Diseases be Reversed?," visit [reversalchronicdiseases.com](http://reversalchronicdiseases.com)

*"This unique meeting brings brilliant clinicians and scientists to discuss the latest research and treatments for chronic diseases."*

—DR. SHALESH KAUSHAL

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### Twenty20 Soup

This is an eye health soup formulated by Dr. Kaushal with a professional soup chef. Find more at [ahapurefood.com](http://ahapurefood.com)



Nutritional supplements available at Comprehensive Retina Consultants



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