



Macular Degeneration Network

**Guest Speaker
Dr. Suleiman Alibhai**

**Saturday, June 14, 2008
10:30 a.m. - 12 p.m.**

First Connection, 9:30 a.m.

**Sibley Memorial Hospital
Ernst Auditorium
5255 Loughboro Road, NW
Washington, D.C.**

***An invitation to dialogue with
Suleiman Alibhai, O.D.***

You are invited to attend the Macular Degeneration Network meeting, “Adjusting to Vision Loss.” Suleiman Alibhai, O.D., will be the guest speaker.

Most people who experience significant vision loss often search for a cure through medicine, surgery or ordinary eyeglasses. However, for many, this may not be enough. There are many more options for maximizing your sight through adapting and adjusting to vision loss. Dr. Alibhai will share his knowledge and expertise on adjusting to new vision.

In This Issue:

Calendar of Events.....2

Eyes on the News.....4

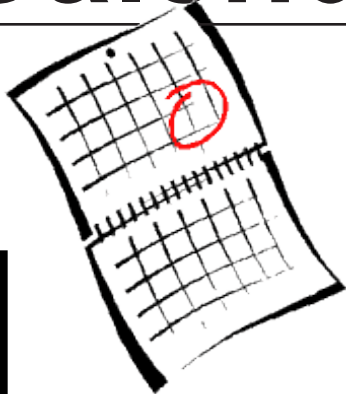
**Around Town
Rock Creek Park.....6**

Calendar of Events

Calendar of Events

2

June 2008



- **Thursday, June 12, 2008**

Stargardt's Network, 6:15 p.m.

Baja Fresh, Dupont Circle

1333 New Hampshire Avenue, NW
Washington, D.C.

- **Saturday, June 14, 2008**

Macular Degeneration Network, "Suleiman Alibhai, O.D.,"

10:30 a.m. - 12 p.m.

First Connection Share Group, 9:30 a.m.

Sibley Memorial Hospital, Ernst Auditorium

5255 Loughboro Road, NW

Washington, D.C.

- **Tuesday, June 17, 2008**

Friendship Heights Vision Support Group, "Feelings About Vision," 12:30 - 1:30 p.m.

Nina Glasner, MSW, Lions Vision Research and Rehabilitation Center, Wilmer Eye Institute, Johns Hopkins Hospital

Friendship Heights Village Center

4433 Southpark Avenue

Chevy Chase, MD

(301) 656-2797

Bring a bag lunch, refreshments provided.

Calendar of Events

- **Wednesday, June 18, 2008**

Share Group, 10:30 a.m.

Vinson Hall

6251 Old Dominion Drive

McLean, VA

- **Thursday, June 19, 2008**

Aging Eye Network, "Maximizing Your Independence,"

1:15 p.m.

Kimberly Duegwillo, O.D., guest speaker

The Eye Site: Vision Screenings and Resource

Information, 10:30 a.m. - 12:30 p.m.

Holiday Park

3950 Ferrara Drive

Silver Spring, MD

- **Tuesday, June 24, 2008**

Low Vision Support Group, 11 a.m.

Richard Walters, Director, DC Center for Independent

Living, guest speaker

Washington Hospital Center

110 Irving Street, NW

Washington, D.C.

Lunch provided, call (202) 877-6081 to reserve lunch.

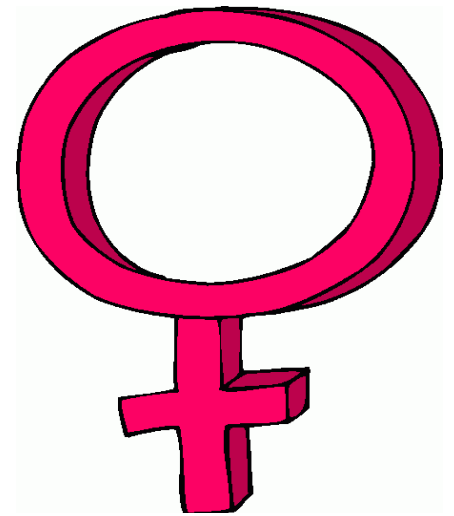
**For more information on these events,
please call POB at (202) 234-1010**

Eyes on the News

AMD and Estrogen

Lower macular degeneration risk in postmenopausal women taking hormones

A study published in the Archives of Ophthalmology reports that there is an association between women who take postmenopausal hormones and the risk of developing age-related macular degeneration. Diane Feskanich, Sc.D., Brigham and Women's Hospital and Harvard Medical School, Boston, and colleagues found that, especially for women who had taken oral contraceptives, postmenopausal hormones reduced the risk of progressing to advanced stages of the eye disease.



The researchers used data from the Nurses' Health Study to analyze AMD and factors related to estrogen such as postmenopausal hormone use, oral contraceptive use, ages of menarche (first period) and menopause, and history of childbirth. Of the 74,996 post-menopausal women in the sample, 554 and 334 developed beginning-stage and neovascular AMD, respectively, between 1980 and 2002. The neovascular stage of AMD is more advanced and results in the development of new blood vessels.

Continued...

Eyes on the News

The researchers found that current postmenopausal hormone users had a notable 48 percent lower risk of neovascular AMD compared with those who had never used postmenopausal hormones. Risk was lowest for postmenopausal hormone users who had used oral contraceptives in the past.

However, oral contraceptive use was not linked to early AMD risk, and current postmenopausal hormone users were 34 percent more likely to develop early stage AMD than non-users. The higher risk of early AMD among postmenopausal hormone users was unexpected and in apparent conflict with the observed inverse association for neovascular AMD.

In addition, researchers found a 26 percent lower risk of early AMD among women who had given birth.

This study has shown that estrogen plays a pivotal role associated with origins and development of AMD, however, more evidence based discovery work is needed to distinguish early and late stages of disease apart from one another.

Around Town

Rock Creek Park

Self-guided Edge of the Woods Trail for the visually impaired

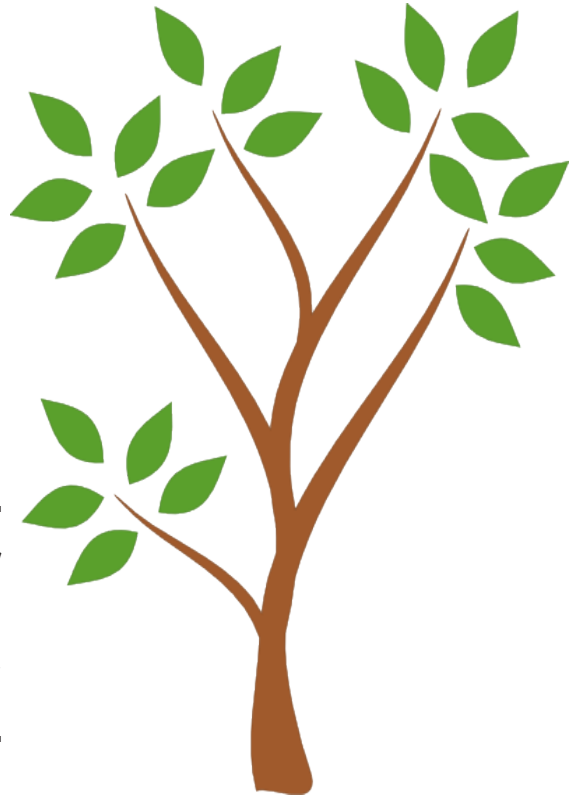
The Edge of the Woods Trail at Rock Creek Park was specially developed for people with low vision and the blind.

The self-guided trail surrounds the Rock Creek Nature Center and is an easy, wheelchair accessible, paved 1/4 mile path. Interpretive signs along the way allow visitors to explore an upland forest, a pond and a meadow.

Audio guides and earphones for this trail are available at the Nature Center at no charge.

The Nature Center is the major information center and focal point for activities related to the park's natural and cultural history. Exhibits display models of various plants and animals, arranged by habitat, that live in Rock Creek Park, and a library, open to all, has many books on natural history. A Discovery Room encourages hands-on activities.

Continued...



Around Town

An observation beehive is located on the back wall of the exhibit room. Visitors can watch the bees at work in the hive, visible through glass panes. The hive is connected to the outdoors by a plastic tube.

There is handicapped parking near the entrance of the Nature Center. It is located at 5200 Glover Road, NW, Washington, D.C. It is open Wednesday through Sunday, 9 a.m. to 5 p.m. Admission to the center is also free. Picnic areas are located near the center.

Rock Creek Park was founded in 1890 as one of the first federal parks. When the park was established, it was on the edge of the growing city and was already a favorite for rural retreats.

It preserves a Piedmont stream valley in a heavily urbanized area. The park is approximately 9.3 miles long and up to 1 mile wide. It extends southward from the Maryland-Washington, D.C., border to the Potomac River along Rock Creek valley.

For more information, call (202) 895-6070 or visit the National Park Service Web site at www.nps.gov/rocr.

Save the Date

July 10: Stargardt's Network, 6:15 p.m.

August 21: The Original Pancake House, 7 a.m. - 3 p.m. Mark your calendar, details to follow.

MARK YOUR CALENDAR -- SPECIAL EVENT

September 23: Focus on Vision lecture, "Can Vitamins and Nutrition Save Your Sight?" with technology and resource exhibit, 9:30 a.m., Jewish Community Center of Greater Washington, Rockville, MD

The Macular Degeneration Network will not have events in July. Newsletters will resume in August 2008. For more information on upcoming programs, please call (202) 234-1010.

**Prevention of Blindness Society
of Metropolitan Washington®
1775 Church Street, NW
Washington, D.C. 20036**

**FREE MATTER
For the Blind or
Handicapped**



**To receive E-mail reminders about upcoming events,
please send an E-mail to jheilman@youreyes.org.**