SPECIAL EVENT:
Suleiman Alibhai, O.D., An Update on Driving with Low Vision

Join us for an opportunity to explore a key question after a diagnosis of age-related macular degeneration: Will I have to stop driving? Dr. Alibhai, low vision specialist, will be joined by Ann Connell, CRDI, compensatory driving skills trainer. Driving with low vision can be complicated and each state has its own rules and regulations. Come and have your questions answered. This program is also designed for non-drivers. Information on alternative transportation will be available at the event and at the First Connection Share Group from 9:30 - 10:15 a.m.

Macular Degeneration Network

Will I Have to Stop Driving?

Saturday, March 21
10:30 a.m.

Sibley Memorial Hospital
Ernst Auditorium
5255 Loughboro Road, NW
Washington, DC 20016

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Tuesday, March 10, 2009
“A Tour of the Eye,” 11 a.m. - 12 p.m.
Marcie Oser Wertlieb, M.D.

Free Glaucoma Screenings, 9 a.m. - 12:30 p.m.
Phelps Senior Services Center
701 Montgomery Street
Laurel, MD 20707
(301) 776-6168

Tuesday, March 10, 2009
Low Vision Support Group, Open Discussion, 11 a.m.
Washington Hospital Center, Eye Clinic
110 Irving Street, NW
Washington, DC 20010
Call (202) 877-6081 to reserve lunch.

Tuesday, March 10, 2009
Low Vision Share Group, 2 p.m.
Falcon’s Landing
20522 Falcon’s Landing Circle
Potomac Falls, VA 20165

Wednesday, March 11, 2009
“Macular Degeneration: Now and in the Future,” 1:30 p.m.
Tea & Conversation
Alex Melamud, M.D., Retina Surgeon
Charles E. Beatley Jr. Central Library
5005 Duke Street
Alexandria, VA 22304
Calendar of Events

• Thursday, March 12, 2009
Aging Eye Network, “Getting the Most Out of Your Doctor Visit,” 1:15 p.m.
Clete Clark, Washington Eye Physicians & Surgeons
Free Glaucoma Screenings, 10:30 a.m. - 12:30 p.m.
Holiday Park Multiservice Senior Center
3950 Ferrara Drive
Silver Spring, MD 20906

• Tuesday, March 17, 2009
Low Vision Support Group, “Keeping up with the News: Extra! Extra! Read/Hear All About It,” 12:30 - 1:30 p.m.
Presented by Metropolitan Washington Ear
Friendship Heights Village Center
4433 Southpark Avenue
Chevy Chase, MD 20815
Bring a bag lunch.

• Wednesday, March 18, 2009
Low Vision Share Group, 10 a.m.
Vinson Hall
6251 Old Dominion Drive
McLean, VA 22101

• Thursday, March 19, 2009
Stargardt’s Network, 6:15 p.m.
Aladdin’s Eatery
4245 Fairfax Drive
Arlington, VA 22203
Calendar of Events

• Saturday, March 21, 2009
  Macular Degeneration Network, “Will I Have to Stop Driving?” 10:30 a.m.
  Suleiman Alibhai, O.D., Low Vision Specialist and
  Ann Connell, CRDI, Compensatory Driving Skills Trainer
  First Connection Share Group, 9:30 - 10:15 a.m.
  Sibley Memorial Hospital, Ernst Auditorium
  5255 Loughboro Road, NW
  Washington, DC 20016

• Wednesday, March 25, 2009
  Picture This! Descriptive Art Tour, 1 p.m.
  Share Group 2 - 2:45 p.m.
  National Gallery of Art, West Building
  Meet at Second Floor Rotunda
  4th and Constitution Avenue, NW
  Washington, DC 20565

• Saturday, March 28, 2009
  Night of Vision, “See You at the Movies”
  Cocktails & Silent Auction 6:30 p.m., Dinner 8:30 p.m.
  Honoring Emily Chew, M.D., National Eye Institute
  The Four Seasons Hotel
  2800 Pennsylvania Avenue, NW
  Washington, DC 20037
  Call (202) 234-1010 for ticket information or visit POB online at www.youreyes.org.

For more information on these events, please call POB at (202) 234-1010
Sight-Saving Q & A
Ask the doctor your questions!

Tuesday, March 10, 11 a.m.
Marcie Oser Wertlieb, M.D.
Phelps Senior Services Center
Laurel, MD

Wednesday, March 11, 1:30 p.m.
Alex Melamud, M.D.
Charles E. Beatley Jr. Central Library
Alexandria, VA

Saturday, March 21, 10:30 a.m.
Suleiman Alibhai, O.D.
Sibley Memorial Hospital, Ernst Auditorium
Washington, DC
From Outer Space to the Eye Clinic

Patients and astronauts benefit from NEI-NASA collaboration

A compact fiber-optic probe developed for the space program has now proven valuable for patients in the clinic as the first non-invasive early detection device for cataracts, the leading cause of vision loss worldwide.

Researchers from the National Eye Institute (NEI), part of the National Institutes of Health, and the National Aeronautics and Space Administration (NASA) collaborated to develop a simple, safe eye test for measuring a protein related to cataract formation. If subtle protein changes can be detected before a cataract develops, people may be able to reduce their cataract risk by making simple lifestyle changes, such as decreasing sun exposure, quitting smoking, stopping certain medications and controlling diabetes.

“By the time the eye’s lens appears cloudy from a cataract, it is too late to reverse or medically treat this process,” said Manuel B. Datiles III, M.D., NEI medical officer and lead author of the clinical study. “This technology can detect the earliest damage to lens proteins, triggering an early warning for cataract formation and blindness.”

The new device is based on a laser light technique called dynamic light scattering (DLS). It was initially developed
to analyze the growth of protein crystals in a zero-gravity space environment. NASA’s Rafat R. Ansari, Ph.D., senior scientist at the John H. Glenn Research Center and co-author of the study, brought the technology’s possible clinical applications to the attention of NEI vision researchers when he learned that his father’s cataracts were caused by changes in lens proteins.

Several proteins are involved in cataract formation, but one known as alpha-crystallin serves as the eye’s own anti-cataract molecule. Alpha-crystallin binds to other proteins when they become damaged, thus preventing them from bunching together to form a cataract. However, humans are born with a fixed amount of alpha-crystallin, so if the supply becomes depleted due to radiation exposure, smoking, diabetes or other causes, a cataract can result.

The DLS technique will now assist vision scientists in looking at long-term lens changes due to aging, smoking, diabetes, LASIK surgery, eye drops for treating glaucoma, and surgical removal of the vitreous gel within the eye, a procedure known to cause cataracts within six months to one year. It may also help in the early diagnosis of Alzheimer’s disease, in which an abnormal protein may be found in the lens. In addition, NASA researchers will continue to use the device to look at the impact of long-term space travel on the visual system.
SPECIAL EVENT - April 16: Aging Eye Network, “Macular Degeneration: Research Update from the National Eye Institute,” Wai Wong, M.D., Ph.D., National Eye Institute, Holiday Park Senior Center, 1:15 p.m.

April 14: Washington Hospital Center, Eye Clinic, 11 a.m.
April 14: Low Vision Share Group, Falcon’s Landing, 2 p.m.
April 15: Low Vision Share Group, Vinson Hall, 10 a.m.
April 16: Stargardt’s Network, Aladdin’s Eatery, 6:15 p.m.
April 18: Macular Degeneration Network, Sibley Memorial Hospital, 10:30 a.m., First Connection 9:30 a.m.
April 21: Low Vision Support Group, Friendship Heights Village Center, 12:30 p.m.
April 22: Picture This!, National Gallery of Art, 1 p.m.

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