“ABCs of AMD”

Age-related macular degeneration (AMD) strikes at the heart of the eye’s vision center. This tiny part of the retina, the macula, is responsible for sharp central vision. People with AMD often develop blurred or distorted sight. There is a lot that research has not unraveled about this sight threatening disease, however much has been learned.

To appreciate AMD research progress it’s important to understand the basic challenges that have faced ophthalmology. Mark your calendar! Join Stephen Pappas, Jr., M.D., on October 9 at the Macular Degeneration Network meeting at Sibley Memorial Hospital, Renaissance Building, Rooms 1 & 2.

Coffee and First Connection Share Group will begin at 10 a.m. and presentation at 10:30 a.m. REMEMBER this is the Network’s new location at Sibley. Please refer to the yellow direction sheet in the September issue and call (202) 364-7603 for additional information and registration.
Eye on the Eyedrops

If you have glaucoma, you probably use eyedrops at least once a day to lower the pressure within your eye. Although using eyedrops may sound simple enough, in reality, it’s not always easy to get them in your eye or to remember to take them. Here are a few tips on the best ways to get your eyedrops exactly where they’re supposed to be:

- Develop a routine. Associate using eyedrops with another activity that you do each day, such as brushing your teeth.
- Simplify your regimen. You may be able to switch to once-a-day drops or a combination product that contains two types of eyedrops in one bottle.

“Don’t be Blind to Glaucoma”

Important Program for People with Central Vision Loss

Wednesday, October 27 at 1:15 p.m.
Holiday Park Multiservice Senior Center
Andrew Adelson, M.D., Glaucoma Specialist

Glaucoma is a disease which adversely affects your peripheral, or side vision, and many with central vision loss from diseases like macular degeneration come to rely on this sight to maintain their independence!
Following these tips can help you get your eyedrops into your eye:

- Lie down. The more horizontal your face, the better the chances that the eyedrop will go in your eye and stay there.
- Position the bottle and your eyelid. Hold the bottle vertically between your thumb and index finger and about an inch above your eye. With your other hand, carefully pull down your lower eyelid with your index finger, creating a small pocket, which increases the amount of eye surface available to catch the eyedrop.
- Carefully close your eye. After the eyedrop gets in your eye, close it, but don’t squeeze or close it too tightly. Gently press the inside corner of your eyelid at your tear duct, for at least one minute. This will allow your eye to absorb the medicine.
- Wait before using other drops. If you use several kinds of eyedrops or more than one drop of a single medication, wait at least one minute before applying the next drop.
- Shaky hands? If your hands are too shaky, try resting your palm on your cheek as you apply the eyedrops. Eyedrops still not going in? Lie down, turn your head to the side and gently close your eyes. Place a drop on the inside corner of your eyelid, then open your eyes slowly. The drop should go in. If it’s unclear whether the drop went in, try another. Your eye can only hold about one eyedrop, so any excess will roll away.
Vision Support Lunch & Learn
“Benefits of Building a Community”
Guest Speaker
Elly Waters, Ph.D.

Learn the value and benefits of having mutual support!

Tuesday, October 19
12:30 - 1:30 p.m.

Friendship Heights Village Center
4433 Southpark Avenue
Chevy Chase, MD 20815

Bring a bag lunch. Dessert and beverage provided. Call (202) 234-1010 for more information.
Calendar of Events

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

• Sunday, October 3, 2010
Beacon Info Expo, 12 - 4 p.m.
Ballston Common Mall
4238 Wilson Boulevard
Arlington, VA 22203

• Friday, October 8, 2010
Low Vision Group, 1 p.m.
The Fairfax
9140 Belvoir Woods Parkway
Fort Belvoir, VA 22060

• Saturday, October 9, 2010
Macular Degeneration Network, “ABCs of Macular Degeneration,” 10:30 a.m., First Connection 10 a.m.
Stephen Pappas, Jr., M.D., Retina-Vitreous Surgeon
Renaissance Building, Room 2
Sibley Memorial Hospital
5275 Loughboro Road, NW
Washington, DC 20016
To register, please call (202) 364-7602.

• Sunday, October 10, 2010
Beacon Info Expo, 12 - 4 p.m.
White Flint Mall
11301 Rockville Pike
Kensington, MD 20895
Tuesday, October 12, 2010
“Avoiding Falls by Adapting Your Home,” 11 a.m.
Washington Hospital Center Eye Clinic
110 Irving Street, NW
Washington, DC 20010
Free parking sticker. Call (202) 877-6081 to reserve complimentary lunch.

Tuesday, October 12, 2010
Low Vision Group, 2 p.m.
Falcon’s Landing
20522 Falcon’s Landing Circle
Potomac Falls, VA 20165

Wednesday, October 13, 2010
Low Vision Group, 10 a.m.
Vinson Hall
6251 Old Dominion Drive
McLean, VA 22101

Tuesday, October 19, 2010
Low Vision Lunch & Learn, “Benefits of Building a Community,” 12:30 - 1:30 p.m.
Elly Waters, Ph.D., Gerontologist
Friendship Heights Village Center
4433 South Park Avenue
Chevy Chase, MD 20815
Bring a bag lunch. To register, please call (301) 656-2797.
Calendar of Events

• Wednesday, October 27, 2010
Aging Eye Network, “Glaucoma: The Sneaky Thief of Sight,” 1:15 p.m.
Andrew Adelson, M.D., Ophthalmologist
Holiday Park Multiservice Senior Center
3950 Ferrara Drive
Silver Spring, MD 20906
EyeSite Free Glaucoma and Visual Acuity Screenings: 10:30 a.m. - 12:30 p.m.

• Wednesday, October 27, 2010
“Picture This!,” 1 - 2:30 p.m.
National Gallery of Art, West Building
Meet at Second Floor Rotunda
4th and Constitution Avenue, NW
Washington, DC 20565 / (202) 737-4215

Prevention of Blindness Society
of Metropolitan Washington Presents

3rd Annual
American Girl Fashion Show
Benefiting Sight-Saving Children’s Programs

Sunday, November 7
10 a.m. and 2:30 p.m.
The Bolger Center, Potomac, MD

For ticket information, please call (202) 234-1010.
Save the Date

**November 9:** Washington Hospital Center, Eye Clinic, 11 a.m.

**November 9:** Low Vision Group, Falcon’s Landing, 2 p.m.

**November 12:** Low Vision Group, The Fairfax, 1 p.m.

**November 13:** Macular Degeneration Network, Renaissance Building, Sibley Memorial Hospital, 10:30 a.m., *First Connection Share Group 10 a.m.*

**November 16:** Low Vision Lunch & Learn, Friendship Heights Village Center, 12:30 p.m.

**November 17:** Low Vision Group, Vinson Hall, 10 a.m.

**November 17:** National Gallery of Art, “Picture This!,” 1 p.m.

**November 30 - MARK YOUR CALENDAR:** Aging Eye Network, “Don’t be Blind to Diabetes,” Robert Stephens, M.D., Holiday Park Multiservice Senior Center, 1:15 p.m., *EyeSite Free Glaucoma and Visual Acuity Screenings 10:30 a.m. - 12:30 p.m.*

Please send an E-mail to jheilman@youreyes.org.

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