A Conversation with Dr. Alibhai: Update on Low Vision Research and Rehabilitation

There was a time when people with vision loss whose sight could not be corrected by ordinary glasses, contact lenses, medical intervention or surgery had difficulty finding where to turn for “help.” Then, remarkably, around 20 years ago, Medicare recognized the low vision exam conducted by optometrists and ophthalmologists, and vision rehabilitation gained a new prominence. It was learned that vision rehabilitation cannot restore lost sight; however, it can help to maximize any existing sight and equip people with techniques and devices to maintain an independent lifestyle.

Many may remember a project between Johns Hopkins Low Vision Clinic and NASA which developed the LVES ---Low Vision Enhancement System---the first of many attempts to find the perfect low vision device. The LVES consisted of a head worn...
“Conversation with Dr. Alibhai”

Helmet-like apparatus with a large battery supply which proved to be quite cumbersome and expensive. As research has evolved, technology has gone from LVES to a tiny implantable telescope which has been covered in the media. As it has been said, “we have come a long way, baby!”

After years of vision research, there has emerged a subspecialty of doctors who partner with other low vision rehabilitation providers to create a team approach. Dr. Suleiman Alibhai, fellowship-trained in the field of Low Vision, has been a major influence in this field for almost 20 years.

You are invited to a “Conversation with Dr. Alibhai” at the November 13th meeting of the Macular Degeneration Network where he will review and update the progress in the field of low vision. This is an important opportunity for those of us with “partial sight” and people who support us to be further educated and enlightened as to our possibilities.

This meeting will take place at 10:30 a.m. on Saturday, November 13, 2010 in Rooms 1 & 2 of Sibley’s Renaissance Building, 5275 Loughboro Road, NW, Washington, DC. Parking is free in the main hospital garage/lot. Please refer to yellow directions insert in the newsletter. For more information or questions, please call (202) 234-1010.
Tips for Protecting Your Retina

- Low-glycemic-index carbohydrates may prevent AMD.

- Trans fat may increase the risk of macular degeneration, leading to plaque build-up in the blood vessels of the eyes.

- Eating foods rich in antioxidants and carotenoids lutein and zeaxanthin have a positive impact on eye health (i.e. squash, spinach, peas, pumpkin, collard greens, honeydew melon and kiwi).

- An omega-3 rich diet of cold water fish may help protect your vision as well as your heart health.

- Know your numbers: Blood glucose, HbA1c, cholesterol, blood pressure and microalbumin levels should be at or as close to your target range as possible.

November is Diabetic Awareness Month

“Don’t be Blind to Diabetes”

Tuesday, November 30
1:15 p.m.

Holiday Park Multiservice Senior Center
3950 Ferrara Drive
Silver Spring, MD 20906
Diabetes & Your Eyes

What You Should Know

The most ordinary kinds of diabetes are called Type I and Type II. While the mechanisms that cause both types of diabetes differ, when both forms are left untreated, it can result in high blood sugars that can have serious consequences on parts of your body, including your eyes.

Join Robert Stephens, M.D., Retina/Vitreous Surgeon, Retina Consultants, and learn how you or a loved one can help yourselves to prevent the potentially disabling vision loss from diabetes. Hear about the latest findings on current and future treatments, research and lifestyle change.

DON’T MISS THIS SIGHT-SAVING EVENT!

Tuesday, November 30
Presentation 1:15 p.m.

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.
Calendar of Events

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

• Friday, November 5, 2010
Low Vision Group, 1 p.m.
The Fairfax
9140 Belvoir Woods Parkway
Fort Belvoir, VA 22060

• Tuesday, November 9, 2010
“Building a Healthier Lifestyle,” 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, November 9, 2010
Low Vision Group, 2 p.m.
Falcon’s Landing
20522 Falcon’s Landing Circle
Potomac Falls, VA 20165

• Saturday, November 13, 2010
Macular Degeneration Network, “Low Vision Research Update,” 10:30 a.m., First Connection 10 a.m.
Suleiman Alibhai, O.D., Low Vision Specialist
Renaissance Building, Room 2
Sibley Memorial Hospital
5275 Loughboro Road, NW
Washington, DC 20016
To register, please call (202) 364-7602.
• **Tuesday, November 16, 2010**
  Low Vision Lunch & Learn, “Understanding Vision Testing Equipment,” 12:30 - 1:30 p.m.
  Clete Clark, Operations Manager
  Washington Eye Physicians & Surgeons
  Friendship Heights Village Center
  4433 South Park Avenue
  Chevy Chase, MD 20815
  *Bring a bag lunch. To register, please call (301) 656-2797.*

• **Wednesday, November 17, 2010**
  Low Vision Group, 10 a.m.
  Vinson Hall
  6251 Old Dominion Drive
  McLean, VA 22101

• **Wednesday, November 17, 2010**
  “Picture This!,” 1 - 2:30 p.m.
  National Gallery of Art, East Building
  Meet at Information Desk
  4th and Constitution Avenue, NW
  Washington, DC 20565 / (202) 737-4215

• **Thursday, November 25, 2010**
  HAPPY THANKSGIVING!
IMPORTANT SIGHT-SAVING PROGRAM
Aging Eye Network, “Don’t be Blind to Diabetes,” 1:15 p.m.
Robert Stephens, M.D., Retina Consultants
Learn how you can protect your sight and other quality of life threatening side effects of diabetes!

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.

Holiday Events to Benefit POB

• Friday, December 3 - Friday, December 10
  4th Annual Christmas Tree Raffle - Christmas tree decorating will be Friday, December 3 at 5 p.m.
  Westfield Montgomery Mall, Bethesda, MD

• Friday, December 3, 7 - 9 p.m.
  Christmas in Kensington - Enjoy holiday cheer shopping on antique row!
  3716 Howard Avenue, Kensington, MD

• Sunday, December 5, 2 - 5 p.m.
  3rd Annual Merriment in Georgetown - Holiday shopping and family events!
  Wisconsin Avenue & M Street, NW, Washington, DC
Save the Date

December 10: Low Vision Group, The Fairfax, 1 p.m.
December 11: Macular Degeneration Network, “Relax, Renew, Rejuvenate,” with Julie Potter, LCSW, Director, Sibley Senior Association - SPECIAL LOCATION - Sibley Cafeteria Executive Dining Room, Sibley Memorial Hospital, 10:30 a.m., First Connection Share Group 10 a.m.
December 14: Washington Hospital Center, Eye Clinic, Special Holiday Program, 11 a.m.
December 14: Low Vision Group, Falcon’s Landing, 2 p.m.
December 15: Low Vision Group, Vinson Hall, 10 a.m.
December 21: Low Vision Lunch & Learn, Friendship Heights Village Center, 12:30 p.m.
December 22: National Gallery of Art, “Picture This!,” 1 p.m.

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

Return Service Requested

Handicapped

Free Matter

Washington, DC 20036
1775 Church Street, NW
of Metropolitan Washington
Prevention of Blindness Society