Cataracts: What You Should Know Before Surgery

Mark Your Calendar!
On Sunday, May 20, POB, the National Eye Institute, National Institutes of Health and the Sibley Senior Association will come together to celebrate “Right to Sight” Day! More information on page two.

A cataract is a cloudiness of the eye’s normally clear lens. Derived from the Latin word for “waterfall,” it arose from the misconception that evil liquids flowing into the eye were the cause of cataract symptoms.

Well, as the saying goes, “we’ve come a long way, baby!” Learn from ophthalmologist Howard Weiss, MD, MPH, about the advances and most current thinking on “What You Should Know Before Cataract Surgery” on Sunday, April 22nd from 2-3:30 p.m. during POB’s monthly Macular Degeneration Network Meeting held at Sibley Hospital’s New Medical Building.

In This Issue:
Legislative Update: 3
Featured Event: 4
Droopy Eyelids: 5
Calendar of Events: 6-7
Cataracts

The concerns about conflicting data for those with cataracts and other eye disorders, such as glaucoma and/or age-related macular degeneration, will be discussed.

We will also review the pros and cons of Intraocular Lens Replacement (IOL) options to help people understand their lens choices.

More information about the event is available in the calendar section on page seven.

National Eye Institute Director Joins POB and Sibley Senior Association to Celebrate “Right to Sight Day”

On May 20, join POB, the National Eye Institute, National Institutes of Health and the Sibley Senior Association at Sibley Memorial Hospital’s New Medical Building from 2 - 3:30 p.m. as we welcome special guest Paul Sieving, MD, PhD, Director, National Eye Institute, National Institutes of Health.

Don’t miss this unique opportunity to get the facts on how your federal dollars are being spent to save your sight, including research updates on eye stem cell treatment, genetics and age-related macular degeneration. Space is limited, so please register online at www.sibley.org/events to save yourself a place. This event is co-sponsored by The Beacon Newspapers.
Legislative Update

New Legislation Designed to Improve Prescription Drug Labeling for Visually Impaired

Recently, Congressman Edward Markey (D-MA) introduced the Accessible Prescription Drug Labeling Promotion Act of 2012 to ensure that people who are visually impaired have full access to the information included on their prescription drug labels.

If passed, a working group of pharmacy representatives, consumer advocates, and federal regulators would develop guidance for pharmacists to ensure that visually impaired individuals have safe, independent, and comprehensive access to their prescription drug information.

“No one should have to sacrifice their independence or safety to take their medication,” Rep. Markey said. “Being unable to read prescription labels can lead to unnecessary illness and added emergency room visits. The Accessible Prescription Drug Labeling promotion Act helps turn pharmacies into partners for empowering all Americans to take full control of their health.”

We will keep you updated on the legislation’s progress and hope to report it becomes law soon.
Featured Event

POB Hosts Talk on “The Aging Eye” in Prince George’s County

The Prevention of Blindness Society of Metropolitan Washington and Doctors Community Hospital (DCH) will host a sight-saving seminar about the aging eye on Saturday, May 5, 2012, 10:30 a.m.-12 p.m. in the ground level conference room of DCH’s Professional Office Building, 8116 Good Luck Road, Lanham, MD 20706. Michael Summerfield, MD, an ophthalmologist with the Washington Eye Institute, will present cutting-edge information on this important topic.

As we age, many of us may notice that we have difficulty seeing up close, adjusting to glare or distinguishing colors, particularly shades of blue and green. These changes are a normal part of aging. However, aging also means we are at higher risk for developing age-related eye diseases and conditions like age-related macular degeneration, cataracts, diabetic retinopathy and glaucoma. In their early stages, these diseases often do not have signs or symptoms.

At this event, learn how you can help to save your sight or the sight of someone you care about. Free program, garage parking and refreshments. There is also a Metro Bus stop outside of the building. To register, please call (202) 234-1010. Space is limited.
Droopy Eyelids

Age, certain diseases and some cosmetic treatments can affect muscles and skin of the upper and lower eyelids. Often the problem is simply cosmetics, but in other cases it may interfere with vision or cause eye irritation.

Ptosis is a medical term used to describe the upper eyelids when they start to sag as muscles lose their strength. Eye injury, neurologic problems and diseases like diabetes can also bring on this condition. One popular cosmetic procedure, Botox injections to eliminate wrinkles at the brow and forehead, may also cause temporary drooping.

Although drooping of the upper eyelid often is a cosmetic concern, it can interfere with sight if the lid is so lax that it covers or partially covers the pupil. Before trying any treatments, you will need a medical exam with your ophthalmologist to identify the underlying cause.

If a droopy eyelid is unattractive or interferes with vision and is not caused by a treatable disease, you may want to consider surgery. The ptosis repair procedure removes excess tissue and lifts the lid. This procedure can be performed on an out-patient basis.

Watch for future programs on “Lifting Your Lids.”
Calendar of Events

• Tuesday, April 10, 2012
Low Vision Group and Lunch, “Celebrating Life with Low Vision,” 11 a.m. - 12: 45 p.m.
Guest Speaker: Julius Fleischman, Low Vision Advocate
Washington Hospital Center
Ophthalmology Clinic
110 Irving Street, NW (bus circle entrance)
Washington, DC 20010
Free parking available. Please call (202) 877-6081 to register and reserve lunch.

• Wednesday, April 18, 2012
Low Vision Group, Open Discussion with Gloria Sussman, 10 a.m.
Vinson Hall
6251 Old Dominion Drive
McLean, VA 22101
Call (202) 234-1010 for more information.

• Thursday, April 19, 2012
Vision Lunch and Learn, “Sharing Feelings about Vision Loss,” 12:30-1:30 p.m.
Friendship Heights Village Center
4433 South Park Avenue
Chevy Chase, MD 20815
Complimentary light lunch available.
Please call (301) 656-2797 to reserve your spot.

Do you want to go “paperless?”

Please email smashburn@youreyes.org to receive an online copy of Your Eyes Today newsletter
Calendar of Events

• Sunday, April 22, 2012
  Macular Degeneration Network
  “Cataracts: What You Need to Know Before Surgery,”
  2-3:30 p.m.
  Guest Speaker: Howard Weiss, MD, MPH
  Washington Eye Physicians & Surgeons
  Sibley Memorial Hospital, New Medical Building
  5215 Loughboro Road, NW
  Washington, DC 20016
  Free program, garage parking and refreshments.

• Wednesday, April 25, 2012
  “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
  Please call (202) 737-4215 for more information.

Important News For Metro Access Subscribers

Did you know that most jurisdictions in the Washington, DC metropolitan area offer additional discounted transporation options to current Metro Access subscribers?

For more information, contact your local Agency on Aging & Disability and learn how these benefits can improve your ease in independently meeting your transportation needs.
Save the Date

Wednesday, May 2: “Understanding the Remarkable Retina,” Leisure World Low Vision Group, 1-2 p.m.
Saturday, May 5: “The Aging Eye,” Doctors Community Hospital 10:30 a.m. - 12 p.m.
Tuesday, May 8: Low Vision Group & Lunch, Washington Hospital Center Ophthalmology Clinic, 10 a.m.
Wednesday, May 16: “Montgomery County Recognizes Millions of Aging Eyes,” Margaret Schweinhaut Senior Center, 1-2:30 p.m.
Wednesday, May 16: Low Vision Group, Vinson Hall, 10 a.m.
Thursday, May 17: Vision Support Lunch and Learn, Friendship Heights Village Center, 12:30-1:30 p.m.
Wednesday, May 23: “Picture This!” National Gallery of Art, West Building, 1-2:30 p.m.

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

Return Service Requested

Prevention of Blindness Society of the Metropolitan Washington, DC 20036
1775 Church Street, NW
For the Blind or Handicapped
FREE MATTER