Defining Diabetic Eye Disease: Get the Facts

Learn about: Risks, detection, treatments and research

Have you been told that you are diabetic or prediabetic? You may need to be reminded that diabetes is a serious disease that can cause irreversible vision loss and blindness! Diabetic retinopathy, a common cause of severe vision loss in American adults, often has no symptoms in its early stages. There is no pain and vision may not change until sight loss becomes severe. The good news is, vision loss CAN be treated before any severe loss occurs! In recognition of National Diabetes Month, POB is offering programs to help you save your sight! Learn from expert physicians at various locations in DC, Maryland and Virginia. See the calendar on page 6 for more.
According to the American Academy of Ophthalmology, staring at computers and other digital devices for long periods won’t cause permanent eye damage, but your eyes may feel dry and tired. Studies show that we blink half as often while using these devices. Follow these steps to reduce eye strain:

- Sit about 25 inches from the computer screen (if you can and still see the screen) and position the screen so your gaze is slightly downward.
- Reduce glare from the screen by lighting the area properly, and use a screen filter if needed.
- Post a note on the computer that reminds you to “BLINK.”
- Every 20 minutes, shift your eyes to look at an object at least 20 feet away, for at least 20 seconds: the “20-20-20” rule.
- Use artificial tears to refresh your eyes when they feel dry (ask your ophthalmologist for suggestions).
- Take regular breaks from computer work and try to get enough sleep at night.

If you have to be at your computer for a marathon work session, take regular breaks and use tired or sore eyes as a signal that it is time to stop working and get some rest.

Remember, your eye doctor’s goal is to help you keep your eyes healthy and comfortable. No question of your eye care professional is ever too trivial.
Eye Makeup Tips

Keeping your eyes healthy and beautiful

Do you know that infection-causing bacteria grow easily in creamy or liquid eye makeup?

Follow these safety tips:

• Throw away makeup after three months; if you develop an eye infection, immediately throw out all of your eye makeup.
• Never share eye makeup and avoid sampling makeup in stores.
• If you tend to be allergic, introduce only one new eye makeup or care product at a time. If there is no reaction, you can add another new product.
• Always apply makeup outside the lash line, away from the eye, to avoid blocking the oil gland of the upper or lower eyelid.
• If you tend to have dry eyes, avoid metallic/glitter, powder or other makeup that flakes. Glitter eye makeup is a common cause of corneal irritation or infection, especially in contact lens users.

For additional practical eye health tips, visit GetEyeSmart.org – information from the American Academy of Ophthalmology.
Prediabetes Facts

Join POB for National Diabetes Month Events

According to the Centers for Disease Control and Prevention, prediabetes increases the risk of developing type 2 diabetes, heart disease and stroke. Yet the vast majority of people with prediabetes do not even know they have the condition. While 79 million Americans – which is 35 percent of adults aged 20 years and older – have prediabetes, just 7 percent are aware of their condition.

The people most likely to develop prediabetes and type 2 diabetes: are 45 years of age or older; are overweight; have a parent with diabetes; have a sister or brother with diabetes; have a family background that is African American, Hispanic/Latino, American Indian, Asian American or Pacific Islander; developed diabetes while pregnant (gestational diabetes) or gave birth to a baby weighing 9 pounds or more; are physically active less than three times a week.

Prediabetes and type 2 diabetes are diagnosed by a fasting glucose test, a glucose tolerance test or a hemoglobin A1C test. According to many reports from ophthalmologists, the first time some people learn they are diabetic is during an eye exam after experiencing an “abnormal” vision symptom. Mark your calendar for the sight-saving programs on pages 6 and 7, and Don’t Lose Sight to Diabetes.
Glaucoma 2014 – The Big Picture

Guest Speaker: Arthur Schwartz, M.D.
Chief of Glaucoma Services at MedStar Washington Hospital Center

Mark Your Calendar: Tuesday, Dec. 9
11 a.m. – 12:45 p.m.
MedStar Washington Hospital Center,
Eye Center Conference Room

More than 4 million Americans are living with glaucoma, and half of them don't even know they have it. Glaucoma initially has no symptoms and is thought to be the "sneaky thief of sight."

Learn more about diagnosis, ongoing research and future hopes.

LOOK FOR MORE INFORMATION IN THE DECEMBER NEWSLETTER
## Calendar of Events

**NOVEMBER – National Diabetes Month**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event Description</th>
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<tbody>
<tr>
<td><strong>TUE</strong> 11</td>
<td>11 a.m. – 12:45 p.m.</td>
<td>Low Vision Lunch &amp; Learn  &lt;br&gt; MedStar Washington Hospital Center, Eye Center Conference Room  &lt;br&gt; Suite 1A-19, 110 Irving Street, NW, Washington, DC  &lt;br&gt; Speaker: <strong>Stro Ashburn, M.D.</strong>, MedStar Washington Hospital Center  &lt;br&gt; Space is limited. To register and receive a free lunch, call the Eye Center at 202-877-6159.</td>
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<td><strong>WED</strong> 12</td>
<td>1 p.m. – 2 p.m.</td>
<td>Low Vision Support Group  &lt;br&gt; Leisure World, Clubhouse One  &lt;br&gt; 3700 Rossmoor Blvd., Silver Spring, Md.  &lt;br&gt; Speaker: <strong>Aziz Khanifar, M.D.</strong>, Retina Group of Washington  &lt;br&gt; Free parking and refreshments. For more information, call POB at 202-234-1010.</td>
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<tr>
<td><strong>THU</strong> 13</td>
<td>1:30 p.m. – 3 p.m.</td>
<td>Low Vision Resource Group  &lt;br&gt; Charles E. Beatley, Jr. Central Library  &lt;br&gt; 5005 Duke Street, Alexandria, Va.  &lt;br&gt; Speaker: <strong>Reshma Katira, M.D.</strong>, Retina Group of Washington  &lt;br&gt; For more information and to register, call Kym at the library at 703-746-1762.</td>
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**NOTE:** The Macular Degeneration Network will not meet in November.
12:30 p.m. – 1:30 p.m. • Vision Support Lunch & Learn
Friendship Heights Village Center
4433 South Park Ave., Chevy Chase, Md.
Speaker: Gayatri Reilly, M.D., Retina Group of Washington
To register and reserve a light lunch, call the Village Center at 301-656-2797.

Monthly Vision Support Group Meeting
10:30 a.m. – 11:30 a.m. • Vision Support Group
Vinson Hall
6251 Old Dominion Drive, McLean, Va.
For more information, call Gloria Sussman at 703-742-9070.

Picture This! Audio-Described Art Tour
1 p.m. – 2 p.m.
National Gallery of Art, West Building
6th and Constitution Ave., NW, Washington, DC
Enjoy a descriptive tour for individuals with impaired sight and those who want to enhance their art experience.
For more information, call the gallery at 202-737-4215.

HAVE A HAPPY AND SAFE THANKSGIVING!

See more event details at www.youreyes.org/events
Visit POB’s website, www.youreyes.org, to stay up-to-date on news and event information.

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

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