DRY AMD: Research Initiatives 2016

Hear celebrated retina expert Emily Chew, M.D.

FACT: “Dry” age-related macular degeneration (AMD) affects 80 to 90 percent of people with AMD. Celebrate “AMD Awareness Month” with Emily Chew, M.D., lead investigator of the landmark AREDS2 vitamin study and Deputy Clinical Director at the National Eye Institute (NEI), National Institutes of Health (NIH). She will discuss current dry AMD research initiatives and provide the latest thinking on protecting existing sight.

This special event at Sibley Medical Building is Sunday, Feb. 28 at 1:30 p.m. in the first-floor Conference Room 2. For complete details, see page 7.
WHAT IS THE MACULA?

What you should know!!!

The macula is made up of millions of light-sensitive cells that provide sharp detailed central vision. It is the most sensitive part of the retina, which is located at the back of the eye.

The retina quickly turns light into electrical signals and then sends these electrical signals to the brain through the optic nerve. Next, the brain translates the electrical signals into images we see. If the macula is damaged, fine points in these images are not clear. The picture is there, but the fine points are lost. Remember, anyone over age 50 is at risk for AMD.

Increased risks include: family history, race (Caucasians are at much higher risk than people of African descent), and smoking (research shows that smoking increases risk twofold).

For more information on AMD, contact: POB at 202-234-1010, or visit the National Eye Institute (NEI) website at www.nei.nih.gov.
STAGES OF “Dry AMD”

Do you know that dry AMD tends to progress more slowly than the wet type?

In dry age-related macular degeneration, there are various stages of AMD: early, intermediate, and advanced. Understanding the stages of dry AMD is important when considering eye vitamin supplements. In early dry AMD, small white or yellowish deposits called drusen form on the retina beneath the macula, causing it to deteriorate or degenerate over time. Drusen are the “hallmark” of dry AMD. Typically, when drusen first form, they don’t cause vision loss. However, they are a risk factor for progressing to vision loss. Remember, AMD can occur in one or both eyes. Call your ophthalmologist ASAP if blurring or increased blurring in central vision occurs. Attend a Feb. 28 special event, and bring your questions. For program details, page 7.

IF THE WEATHER OUTSIDE GETS FRIGHTFUL!

In case of inclement weather this winter, call 301-538-9358 to hear weather cancellations.
KEEPING AN EYE ON YOUR SIGHT & HEALTH

It is a proven fact that our eyes can be a window to our heart, blood vessels and overall health. Join the conversation with: Jacqui Weber, M.D., on Tuesday, Feb. 9 at the Low Vision Support Group meeting at MedStar Washington Hospital Center; or Aisha Macedo, M.D., on Thursday, Feb. 18 at the Vision Support Lunch & Learn at Friendship Heights Village Center. See the Calendar of Events beginning on page 5 for more details!

“EARLY BIRD” MARCH INVITATION

“LOW VISION TOWN HALL MEETING”
POB’s Premier Community Outreach Event

Interact with Suleiman Alibhai, O.D., Director of POB’s Low Vision Learning Center, and Tiffany Chan, O.D., Assistant Professor of Ophthalmology at Johns Hopkins Wilmer Eye Institute, Low Vision Service.

Friendship Heights Village Center
Saturday, March 19, 10 a.m. – Noon
SAVE THE DATE!
**Calendar of Events**

**FEBRUARY**

**TUE 9**

**What the Dilated Eye Exam Can Reveal About Your Overall Health**

11 a.m. – 12:45 p.m. • Low Vision Support Group

MedStar Washington Hospital Center, Eye Center Conference Room
Suite 1A-19, 110 Irving Street, NW, Washington, DC

Speaker: Jacqui Weber, M.D.

Space is limited. Ask about parking. To register, call the Eye Center at 202-877-6159.

**WED 10**

**Enhancing Accessibility in Your Home**

10:30 a.m. – 11:30 a.m. • Vision Support Group

Vinson Hall
6251 Old Dominion Drive, McLean, Va.

Speaker: Joan Pease, Interior Designer & President, Partners in Planning

For more information, call Gloria at 703-742-9070.
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| **THU 11** | Accessing Newspapers, Magazines Over the Phone and SO Much More!  
1:30 p.m. – 3 p.m. • Low Vision Resource Group  
Charles E. Beatley, Jr. Central Library  
5005 Duke Street, Alexandria, Va.  
Presented by Metropolitan Washington Ear  
Free refreshments and parking. For more information and to register, call the library at 703-746-1762. |
| **WED 17** | Low Vision Open Discussion  
3 p.m. – 4 p.m. • Vision Support Group of The Virginian  
The Virginian Retirement Community  
9229 Arlington Blvd, Fairfax, Va.  
For more information, call Gloria at 703-742-9070. |
| **THU 18** | What the Dilated Eye Exam Can Reveal About Your Overall Health  
12:30 p.m. – 1:30 p.m. • Vision Support Lunch & Learn  
Friendship Heights Village Center  
4433 South Park Ave., Chevy Chase, Md.  
Speaker: Aisha Macedo, M.D.  
Washington Eye Physicians & Surgeons  
Event is metro-accessible. To register and reserve a light lunch, call the Village Center at 301-656-2797. |
FEBRUARY (continued)

**WED 24 & SAT 27**

**Picture This! Described art tour**
1 p.m. – 2 p.m.
National Gallery of Art, West Building Rotunda
6th and Constitution Ave., NW, Washington, DC

Learn about famous works of art on a walking tour with rich verbal descriptions. February: "Dutch Seascapes."
For more information, contact Lorena Baines at the Gallery at access@nga.gov or 202-842-6905.

**SUN 28**

**POB’s Macular Degeneration Network Special Event: Dry AMD Research Initiatives 2016**
1:30 p.m. – 3 p.m. • Macular Degeneration Network
Sibley Medical Building, Conference Room 2
5215 Loughboro Road, NW, Washington, DC

Guest Expert: Emily Chew, M.D.
Deputy Clinical Director,
National Eye Institute (NEI), NIH

Free light refreshments. Validated garage parking adjacent to the medical building.

See front page for more details. To register, call the Sibley Senior Association at 202-364-7602. Space is limited!
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.