Diabetic Eye Disease & You

Join us on Tuesday, November 28 for a conference-call style meeting with Jocelyn King, M.D., ophthalmology resident from Washington National Eye Center, as we discuss diabetic eye disease, which refers to eye problems people with diabetes may have, including cataract, diabetic retinopathy, and glaucoma. Be sure to have your questions ready! The POB Conference Call Series provides you with an opportunity to learn more about topics that interest you with the added convenience of joining by telephone. For more information about this event, including the call’s dial-in instructions, see page 6.
Simple Solutions for Managing Your Medication

It’s imperative that you develop an effective system for organizing and identifying your prescription and over-the-counter medications - what they are, the correct dosage, and how often you need to take them.

The following tips are designed to help people with low vision manage their medications:

- Ask your pharmacist to print a back-up label with larger print that you can easily see. Then mark your medication bottles with large-print labels, tactile dots, rubber bands, or Braille.
- Use talking medication identifiers if large-print labels do not work for you.
- Use a tray with good contrast to help you see your pills and keep them from falling on the floor if dropped.
- Place a light close to the labels you are trying to see.
- Attach daily dosage trackers to medication bottles to help you remember if you have taken each dose of a particular medication each day.

For more information, visit http://nei.nih.gov/nehep or call (202) 234-1010.
November is National Diabetes Month, sponsored by the National Institutes of Health (NIH). Diabetic eye disease refers to eye problems people with diabetes may have. These include cataract, diabetic retinopathy, and glaucoma. There are often no early warning signs. All people with diabetes are at risk, and the longer you have diabetes, the higher your risk of getting diabetic eye disease. According to NIH, an estimated 11 million people will have diabetic retinopathy by 2030. It can be detected through a comprehensive dilated eye exam.

What can you do?

- Get a comprehensive dilated eye exam at least once a year.
- Keep your health on **TRACK**:
  - **Take** your medications.
  - **Reach** and maintain a healthy weight.
  - **Add** physical activity to your daily routine.
  - **Control** your blood sugar, blood pressure, and cholesterol.
  - **Kick** the smoking habit.

For more information, visit [http://nei.nih.gov/diabetes](http://nei.nih.gov/diabetes) or call (202) 234-1010.
NOVEMBER

WED 8
Gaining Ground: Moving the Ball for the Short- and Long-Term Agenda around Vision Health Research
10:30 a.m. – 11:30 a.m. • Vision Support Group
Guest Speaker: John Cox
Vinson Hall
6251 Old Dominion Drive, McLean, VA
For more information, call Gloria at (703) 687-3544.

MON 13
A Tour of the Eye
1:00 p.m. – 2:00 p.m. • Low Vision Support Group
Guest Speaker: Stephen S. Pappas Jr., M.D.
Join Dr. Stephen S. Pappas, of the Center for Retinal Diseases & Surgery, as we learn about the architecture of the eye, including the four major aging eye diseases: cataract, diabetic retinopathy, glaucoma and age-related macular degeneration.
City of Fairfax Regional Library (Meeting Room A)
10360 North Street, Fairfax, VA
To register, call (703) 293-6227.

REMINDER: Daylight Savings Time ends Sunday, Nov. 5 at 2:00 a.m. Don’t forget to set your clocks back one hour before you go to sleep that night!
Diabetic Eye Disease Awareness Month
11 a.m. – 12:45 p.m. • Low Vision Support Group
Guest Speaker: Meghan Moroux, M.D., Washington National Eye Center Ophthalmology Resident
The American Academy of Ophthalmology encourages those with diabetes to take proactive steps to protect their vision.
MedStar Washington Hospital Center
Eye Center Conference Room, Suite 1A-19
110 Irving Street, NW, Washington, DC
To register, call (202) 234-1010.

Vision Support Group of The Virginian
3:00 p.m. – 4:00 p.m.
The Virginian Retirement Community
9229 Arlington Blvd., Fairfax, VA
For more information, call Gloria at (703) 687-3544.

Optimizing Sight As It Changes
10:30 a.m. – 11:30 a.m.
Speaker: Belinda Weinberg, O.D., Low Vision Specialist
If you have been told your eyesight is changing and nothing more can be done, don’t panic! Bring your questions and concerns for a question-and-answer session with Dr. Belinda Weinberg.
Friendship Heights Village Center
4433 South Park Ave., Chevy Chase, Md.
To register, call (301) 656-2797.
**Diabetic Eye Diseases: Q&A Session with an Expert**

7:00 p.m. – 8:00 p.m. • POB Conference Call Series

Join Jocelyn King, M.D., ophthalmology resident from Washington National Eye Center, for a question-and-answer session about diabetic eye diseases, as well as steps to help you take care of your sight.

Call (712) 775-7031 and then enter access code 881847675# to join the call. For more information, call (202) 234-1010.

---

**Assistive Technology for Low Vision**

1:00 p.m. – 2:30 p.m. • Tech Talk Mondays

Speaker: Patrick Timony, Adaptive Technology Librarian, DC Public Library

Join us for a discussion about the adaptive technology available for those with low vision.

Prevention of Blindness Society of Metropolitan Washington Headquarters

233 Massachusetts Ave., NE, Washington, DC

To register, call (202) 234-1010.
POB is proud to partner with local museums offering art tours for visitors who are blind or have low vision.

America InSight (Smithsonian American Art Museum)
Sun., Nov. 12 at 1:30 p.m. & Thurs., Nov. 16 at 3:30 p.m.
For more: AmericanArtTours@si.edu or (202) 633-8550

Picture This! (National Gallery of Art)
Wednesday, Nov. 22 & Saturday, Nov. 25, 1 p.m. – 2 p.m.
For more: access@nga.gov or (202) 842-6905

Portrait InSight (Smithsonian National Portrait Gallery)
Thursday, November 16, 12:00 p.m.
For more: NPGAccess@si.edu or (202) 633-8506

Better Light for Better Sight
1:00 p.m. – 2:30 p.m. • POB Signature Share Group
Speaker: Belinda Weinberg, O.D., Low Vision Specialist
Join us as we discuss assistive lighting solutions for “better” sight. Lighting takes on added importance for everyone as they grow older. Even normal healthy eyes generally require twice as much illumination at age 50 as they did at 25.
Prevention of Blindness Society of Metropolitan Washington Headquarters
233 Massachusetts Ave., NE, Washington, DC
To register, call (202) 234-1010.
Save the date for our December events!

**FRI 15**
**Holiday Music with Nancy Reilly**
11 a.m. – 12:45 p.m. • Low Vision Resource Group
Charles E. Beatley, Jr. Central Library

**MON 18**
**Tech Talk Monday**
1 p.m. – 2:30 p.m. • Prevention of Blindness Society of Metropolitan Washington Headquarters

**TUE 19**
**Q&A with the Experts**
7 p.m. – 8 p.m. • POB Conference Call Series
(712) 775-7031, Access Code: 881847675#

**THU 21**
**POB Signature Share Group**
1 p.m. – 2:30 p.m. • Prevention of Blindness Society of Metropolitan Washington Headquarters

Please send an email to communications@youreyes.org to receive email reminders about upcoming events.