



# Your Eyes



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## May is Healthy Vision Month: How You Can Start Making Eye Health a Priority!

Every year you probably get a physical and visit your dentist. However, what about your vision? Most of what many people learn and experience comes through their eyes, and failing to protect your vision could lead to permanent, significant vision loss! Luckily, there are several simple steps you can do to protect your eyes and optimize healthy vision:

1) **Wear sunglasses, even on a cloudy day!** Sunglasses protect your eyes from ultraviolet (UV) rays that may harm your eyes. They are the sunscreen for your eyes! Make sure to purchase ones at least 99% of UVA and UVB radiation.

(Continued on page 2)

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**Prevention of Blindness Society of Metropolitan Washington®  
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# News & Updates

## May is Healthy Vision Month: How You Can Start Making Eye Health a Priority!

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(Continued from page 1)

**2) Eat eye-healthy foods and get plenty of physical activity.** Diets rich in fruits and vegetables – especially dark leafy greens – will provide nutrients that help preserve your eyesight (as well as total body health). In addition, a diet that has Omega-3 fatty acids included has been shown to protect vision. Regular physical activity that gets your heart beating is great for many healthy outcomes, including your vision!

**3) When using the computer, make sure to give your eyes a rest!** Staring at the screen or cell phone can wear out your eyes. Use the 20-20-20 rule throughout your day: look away from screens every 20 minutes and focus at something 20 feet in front of you for 20 seconds. This can help reduce eye strain and keep your eyes feeling good at the end of the day!

**4) Get an annual dilated eye exam!** This is the only way many eye diseases can be caught – especially before permanent vision loss occurs! In addition, seeing your eye doctor every year provides the chance to learn about eye health and research updates and ask new questions.

# News & Updates

## Exhibition of Low Vision Aids & Devices

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Join us for a special free event, presented by Washington National Eye Center and POB, on Saturday, May 11, from 11:45 a.m. until 1:00 p.m. at the Eye Center at MedStar Washington Hospital Center (110 Irving Street NW, Washington, DC). Try assistive technology from specialty vendors\*, including Atlantic Low Vision, Envision Technology, Integration Technologies Group, and NuEyes (vendors subject to change). Assistive technology refers to any equipment, product, or system that increases, maintains, or improves the functional capabilities of an individual.

Everyone is different, and trying out different devices is the best way to figure out which aids work for you! Unfortunately, low vision aids do not replace vision that has already deteriorated or been lost, but they may maximize one's remaining vision and help an individual enjoy favorite activities and hobbies.

Parking is available in the Hospital garage. For more information, contact Sean at (202) 234-1010.

\*(POB does not endorse any product or service).

# Q&A with Dr. Weinberg

## Help! My eyes are itchy and red! What's happening and what can I do?

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The weather is warming up, flowers are in bloom - spring is in the air! Unfortunately that means pollen is too. Pollen or other allergens - dust, mold, pet dander - cause cells in the conjunctiva (the clear tissue that lines the inside of the eyelids and the whites of the eyes) to release histamine. Histamine helps to fight off allergens but also causes the conjunctiva to become swollen and red and for the eyes to itch and water.

Ocular allergies generally do not cause long-term damage to the eyes but certainly can be bothersome. It is best to avoid your allergens when possible, for instance staying indoors when it is peak pollen season. Artificial tears can be used to wash out allergens and lubricate the eyes and there are both over-the-counter and prescription allergy eye drops that can further reduce symptoms. Use of a cool compress helps with itching and tempting as it is, avoid rubbing your eyes - doing so releases more histamine and will only increase your symptoms.

To schedule an appointment with Dr. Weinberg, call **(703) 652-7803**. For more information, visit **[youreyes.org](http://youreyes.org)**.

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(Belinda Weinberg, OD, is a low vision specialist. Send questions to **[communications@youreyes.org](mailto:communications@youreyes.org)**. We regret that unpublished questions cannot be answered individually.)

**MAY 2019**

**WED  
8**

## **Macular Degeneration Update 2019**

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

**Speaker: Stephen S. Pappas Jr., M.D.**

Dr. Pappas has over 20 years of experience in treating patients with age-related macular degeneration (AMD) and other retinal diseases. Join us as for an engaging conversation with an opportunity to have your questions answered.

**Vinson Hall (Auditorium near the Library)**

**6251 Old Dominion Drive, McLean, VA**

To register, contact Sandy at (703) 989-1821, or contact Carol in Apartment #1309.

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**TUE  
14**

## **Healthy Vision Month**

**11:00 a.m. – 12:45 p.m. • Low Vision Support Group**

**Guest Speaker: Bryce Hwang, M.D., Washington**

**National Eye Center Ophthalmology Resident**

Take charge of your eye health! Healthy choices and regular eye exams can help reduce a person's risk of vision loss. Join us and bring your questions!

**MedStar Washington Hospital Center**

**Eye Center Conference Room, Suite 1A-19**

**110 Irving Street, NW, Washington, DC**

To register, call (202) 234-1010.

**WED  
15**

**Vision Support Group at the Virginian**  
3:00 p.m. – 4:00 p.m. • Vision Support Group  
**The Virginian Retirement Community**  
9229 Arlington Blvd., Room 402, Fairfax, VA  
For more information, call Sandy at (703) 989-1821.

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**THU  
16**

**National Federation of the Blind (NFB)  
Newsline Service**  
12:30 p.m. – 1:30 p.m. • POB Share Group  
Guest Speaker: Kathy Gosselin  
Learn more about NFB Newsline, a national  
newspaper, magazine, and news radio service you  
can access via phone if your have low vision.  
**Prevention of Blindness Society of Metropolitan  
Washington Headquarters**  
233 Massachusetts Avenue, NE, Washington, DC  
To register, call Sean at (202) 234-1010.

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**FRI  
17**

**Accessible Transportation Panel Discussion**  
1:00 p.m. – 2:30 p.m. • Vision Support Group  
Having impaired vision or blindness can make  
getting around town difficult. Hear from Metro  
Access, Alexandria Paratransit, Senior Taxi, and  
Northern Virginia (NV) Rides to learn more!  
**Charles E. Beatley Jr. Library**  
5005 Duke St., Alexandria, VA  
To register, call Kym at library at (703) 746-1762.

**MON  
20**

**Using Your Cell Phone (and More)  
with Low Vision**

**1:00 p.m. – 2:30 p.m. • POB Tech Talk Mondays**  
**Speaker: Patrick Timony, Adaptive Technology**  
**Librarian, DC Public Library**

Join us for a discussion about how to make  
technology, such as cell phones, adaptive for people  
with low vision. Bring your questions (and devices)!

**Prevention of Blindness Society of Metropolitan  
Washington Headquarters**

**233 Massachusetts Ave., NE, Washington, DC**

**To register, call Sean at (202) 234-1010.**

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**THU  
23**

**Celebrate Healthy Vision Month by Learning  
How to Keep Your Eyes Healthy!**

**12:00 p.m. – 1:00 p.m. • Vision Resource Lunch & Learn**  
**Guest Speaker: Daniel Sarezky, M.D.**

May is Healthy Vision Month – a time where the  
National Eye Institute (NEI) encourages Americans  
everywhere to make their eye health a priority.

Learn the necessary steps and actions you may take  
to keep your eyes healthy and safe and enjoy lunch!

**The Village of Friendship Heights**

**4433 South Park Ave., Chevy Chase, MD**

**To register, call the Village Center at (301) 656-2797.**

# UPCOMING DESCRIBED ART TOURS

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)**

**Thu., May 16 at 3:30 p.m.**

For more: [AmericanArtMuseumTours@si.edu](mailto:AmericanArtMuseumTours@si.edu) or (202) 633-8550

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**Picture This! (National Gallery of Art)**

**Wed., May 22 & Sat., May 25 1:00 p.m.**

For more: [access@nga.gov](mailto:access@nga.gov) or (202) 842-6905

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**Portrait InSight (Smithsonian National Portrait Gallery)**

**Sat., May 11, 12:00 p.m. & Thurs., May 16, 2:00 p.m.**

For more: [NPGAcess@si.edu](mailto:NPGAcess@si.edu) or (202) 633-8506

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please send an email to [communications@youreyes.org](mailto:communications@youreyes.org).

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For the Blind or  
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