



Your Eyes



TODAY

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Three Things You Should Know About Cataracts

The American Academy of Ophthalmology observes June as Cataract Awareness Month. Approximately 25 million Americans have cataracts, which causes cloudy, blurry or dim vision and often develops with advancing age. As everyone grows older, the lenses of their eyes thicken and become cloudier. Eventually, they may find it more difficult to read street signs. These symptoms may signal cataracts, which affect about 70 percent of people by age 75. Fortunately, cataracts can be corrected with surgery. Ophthalmologists perform around three million cataract surgeries each year...

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Volume 25, Issue 5

JUNE 2018

**Prevention of Blindness Society of Metropolitan Washington®
233 Massachusetts Ave., NE, Washington, DC 20002**

(202) 234-1010 | www.youreyes.org | Facebook & Twitter: @youreyesdc

News & Updates

Free Glaucoma Screenings in June

Glaucoma is a group of diseases that can damage the eye's optic nerve and result in vision loss and blindness. It is one of the main causes of blindness in the United States. However, with early treatment, you can often protect your eyes against serious vision loss. Therefore, it is very important that it be diagnosed and treated.

Anyone can develop glaucoma. Those who are at higher risk should have a dilated eye exam at least every one to two years include: African Americans over age 40, everyone over age 60, people with a family history of glaucoma, individuals who have experienced a serious eye injury, and people with other health conditions such as diabetes.

Join us at one of the locations below for a free glaucoma screening. All events listed are open to the public. For more information, call (202) 234-1010.

Saturday, June 2, 9 a.m. – 3 p.m., First Baptist Church of Glenarden, 600 Watkins Park Dr., Upper Marlboro, MD

Thursday, June 7, 10 a.m. – 2 p.m., Longwood Community Recreation Center, 19300 Georgia Ave., Olney, MD

Thurs., June 21, 9:30 a.m. – 12 p.m., Maryland Multicultural Youth Center, 6200 Sheridan St., Riverdale, MD

News & Updates

Three Things You Should Know About Cataracts

(continued from page 1) to restore vision to those patients. The following are facts people should know about the condition.

- 1. Age isn't the only risk factor for cataracts.** Recent studies show that lifestyle and behavior can influence when and how severely you develop cataracts. Diabetes, extensive exposure to sunlight, smoking, obesity, and high blood pressure have all been linked to increased risk of cataracts.
- 2. Cataracts cannot be prevented, but you can lower your risk.** Wearing UV-blocking sunglasses and brimmed hats when outside can help. Several studies suggest that eating more vitamin C-rich foods may delay how fast cataracts form.
- 3. Surgery may help improve more than just your vision.** During the procedure, the natural clouded lens is replaced with an artificial lens called an intraocular lens, which should improve your vision significantly. Studies have shown that cataract surgery can improve quality of life and reduce the risk of falling.

Learn more about cataract symptoms and treatment at eyesmart.org or call (202) 234-1010.

Calendar of Events

FREE local programs!

JUNE 2018

**TUE
12**

A Tour of the Eye

**11 a.m. – 12:45 p.m. • Low Vision Support Group
Guest Speaker: Mariam Mathai, M.D., Washington**

National Eye Center Ophthalmology Resident

Join us as we learn about the architecture of the eye from front to back, including the four major aging eye diseases: cataract, diabetic retinopathy, glaucoma, and age-related macular degeneration.

MedStar Washington Hospital Center

Eye Center Conference Room, Suite 1A-19

110 Irving Street, NW, Washington, DC

To register, call (202) 234-1010.

**WED
13**

Vision Support Group

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

Vinson Hall Retirement Community

6251 Old Dominion Drive, McLean, VA

For more information, call Gloria at (703) 687-3544.

**MON
18**

**Using Your Cell Phone (and More)
with 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 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 (202) 234-1010.

**TUE
19**

Ask the Doctor - Conference Call

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

**Join Mariam Mathai, M.D., Washington National
Eye Center Ophthalmology Resident, as she
addresses your most pressing vision health
questions and concerns.**

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

JUNE 2018 (continued)

**WED
20**

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.

**THU
21**

Low Vision Share Group

12:30 p.m. – 1:30 p.m. • POB Signature Share Group

Speaker: Belinda Weinberg, O.D., Low Vision Specialist

Prevention of Blindness Society of Metropolitan

Washington Headquarters

233 Massachusetts Ave., NE, Washington, DC

To register, call (202) 234-1010.

SEE YOU IN SEPTEMBER!

September is Healthy Aging Month, sponsored by the Academy of Ophthalmology (AAO).

Join the Prevention of Blindness Society of Metropolitan Washington when our programs and events return in September!

DESCRIBED ART TOURS

POB is proud to partner with local museums offering art tours for visitors who are blind or have low vision. A number of tour dates are offered throughout the months of June, July, and August. Tours are also available by request. Contact each museum by email or phone for more details and dates.

America InSight (Smithsonian American Art Museum)
Details: AmericanArtTours@si.edu or (202) 633-8550

Picture This! (National Gallery of Art)
Details: access@nga.gov or (202) 842-6905

Portrait InSight (Smithsonian National Portrait Gallery)
Details: NPGAccess@si.edu or (202) 633-8506

DINE OUT WITH POB

Join us for POB Day at The Original Pancake House on Thursday, August 23, 2018, from 7 a.m. - 3 p.m.!

Dine out at The Original Pancake House and 15% of your total bill will benefit POB's programs!

Participating Locations:

- 7703 Woodmont Ave., Bethesda, MD
- 12224 Rockville Pike, Rockville, MD
- 7395 Lee Highway, Falls Church, VA



**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 email to communications@youreyes.org.**

Return Service Requested



**Prevention of Blindness Society
of Metropolitan Washington®
233 Massachusetts Ave., NE
Washington, DC 20002**

**FREE MATTER
For the Blind or
Handicapped**