



Your Eyes



TODAY

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January is Glaucoma Awareness Month

Have you noticed in the past few years you are bumping into tables or walls more often? People are sneaking up beside you without you noticing? This may be a sign you need to have an eye exam! Glaucoma is one of the leading causes of irreversible blindness in the United States – 2.7 million are diagnosed in the nation and the same number are believed to have glaucoma but are undiagnosed. Commonly known as the “silent thief” of sight, glaucoma normally has no noticeable symptoms in early stages and gradually becomes worse over time. Without an eye exam, you may not realize you have lost sight until

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**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

Glaucoma Awareness Month

(Continued from page 1)

irreversible impairment has occurred. Glaucoma is a group of diseases that damage the optic nerve, which is the cable that connects your eyes to your brain. In primary open-angle glaucoma, the most common form of the disease, pressure builds up in your eye over time causing damage to the nerve. Pressure builds due to blockage in an eye's drainage system.

Researchers are still attempting to better understand the very complex disease. Currently, there are a few treatments to the disease with surgeries and medications still being developed. However, early detection is the greatest method for reduced negative health effects.

In addition to built-up intraocular (eye) pressure, other major risk factors for the disease include >50 years of age, African American or Hispanic heritage, and your family history. If you fall under any of these conditions, it is very important to get a comprehensive dilated eye exam annually!

National Glaucoma Awareness Month is sponsored by the National Eye Institute, National Institutes of Health. For more information, visit [ww.nei.nih.gov/glaucoma](http://www.nei.nih.gov/glaucoma) or call (202) 234-1010.

News & Updates

Celebration at Our Resale Shop

Join us at the **Kensington Antique Row Annual Holiday Open House** on Friday, December 7, from 7:00 - 9:00 p.m. **POB's Look Again Antique Shop** is located at 3716 Howard Avenue, Kensington, MD. The antique shops and delicious dining establishments in this historic neighborhood provide refreshments, live music, and holiday cheer. For more information, call **(301) 942-4707**.

Stop by our two additional locations for more treasures:

- **POB Furniture, Antiques & More Annex - (301) 942-4707**
10419 Fawcett Street, Kensington, MD 20895
- **POB's Look Again Resale Shop - (703) 683-2558**
900 King Street, Alexandria, VA 22314

Our shops accept donations of gently used household items such as antiques, furniture, bric-a-brac, collectibles, clothing, books and other items. **Pick-up of large items is available by calling (202) 234-1010.** Additionally, a number of volunteer opportunities are available, including assisting in the shops, providing customer service, and other duties.

For more information, including hours and directions, call the shops directly (numbers listed above) or visit youreyes.org/resaleshops.

Q&A with Dr. Weinberg

What is contrast sensitivity?

Contrast refers to the difference in light or color that makes an object distinguishable from its background. Print such as this (black on white) is high contrast while print like this is low contrast. Contrast sensitivity gives your doctor a sense of the quality of your vision. Reduced contrast sensitivity can impact your ability to see objects or print, especially in low light. It also has implications for safe mobility by making it difficult or impossible to see obstacles or changes in elevation, such as curbs, clearly. Contrast sensitivity declines with age. Ocular diseases, such as glaucoma or macular degeneration, cause much greater loss of contrast sensitivity.

Contrast can be enhanced by increased illumination, magnification, and the use of tints. Devices that utilize video magnification have the ability to take low contrast print, such as a newspaper, and display it as high contrast, for instance with black letters on a white background or vice versa.

Speak to an eye care professional for more information about your contrast sensitivity. To schedule an appointment with Dr. Weinberg, call (703) 652-7803.

(Belinda Weinberg, OD, is a low vision specialist. Send questions to newsletter@youreyes.org. We regret that unpublished questions cannot be answered individually.)

Calendar of Events

FREE local programs!

DECEMBER 2018

**WED
12**

Holiday Luncheon

10:30 a.m. – 12:00 p.m. • Low Vision Support Group
Join us for a celebration and luncheon, generously hosted by the volunteers from the Northern Virginia Delta Gamma Alumnae Chapter.

Vinson Hall Retirement Community

6251 Old Dominion Drive, McLean, VA

For more information, call Sandy at (703) 989-1821.

**MON
17**

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.

Due to space limitations, we are unable to list described art tours in this issue. Call (202) 234-1010 for information.

**WED
19**

Magnifiers: Bigger Can Be Better!

3:00 p.m. – 4:00 p.m. • Low Vision Support Group

Join us for a discussion about how magnifiers, and other simple devices, can help those with low vision!

The Virginian Retirement Community

9229 Arlington Blvd., Fairfax, VA

For more information, call Sandy at (703) 989-1821.

**THU
20**

Better Light for Better Sight

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

Join Belinda Weinberg, OD, for a discussion about lighting for “better” sight. Even normal healthy eyes generally require twice as much light at age 50.

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To register, call (202) 234-1010.

**FRI
21**

Emotional Impacts of Vision Loss

1:00 p.m. – 2:30 p.m. • Low Vision Resource Group

Join Suleiman Alibhai, OD, low vision specialist, as he discusses healthy ways to deal with common feelings of those facing vision loss.

Charles E. Beatley, Jr. Central Library

5005 Duke Street, Alexandria, VA

Free refreshments and parking. For more information, call (703) 746-1762.

JANUARY 2019

**WED
9**

Low Vision Support Group

**10:30 a.m. – 12:00 p.m. • Low Vision Support Group
Vinson Hall Retirement Community**

6251 Old Dominion Drive, McLean, VA

For more information, call Sandy at (703) 989-1821.

**WED
16**

Low Vision Update with Adriana Wiseman, OD

3:00 p.m. – 4:00 p.m. • Low Vision Support Group

**Join Dr. Wiseman as she discusses updates in research
and treatments for those with low vision disorders.**

The Virginian Retirement Community

9229 Arlington Blvd., Fairfax, VA

For more information, call Sandy at (703) 989-1821.

**SAT
26**

Keep Vision in Your Future, with Keynote Speaker Arthur L. Schwartz, MD,

Nationally Recognized Glaucoma Expert

10:00 a.m. – 12:00 p.m. (Doors open at 9:30 a.m.)

**Join us for a presentation by Dr. Schwartz and hear
current information about protecting your sight,
cutting edge research, and upcoming advances.
Refreshments will be available. Read more about
this event on back cover.**

Friendship Heights Village Center

4433 South Park Avenue, Chevy Chase, Maryland

**Event is Metro-accessible and limited free parking
is available. To register, call (301) 656-2797.**

SAVE THE DATE - SAT., JANUARY 26, 2019

January is National Glaucoma Awareness Month! Join us for a very special event, **Keeping Vision in Your Future**, with nationally recognized glaucoma expert **Arthur Schwartz, MD**, at **Friendship Heights Village Center**. In addition to practicing at Washington Eye Physicians and Surgeons, Dr. Schwartz is a clinical professor at Georgetown University School of Medicine and is the chief of the glaucoma service at MedStar Washington Hospital Center and MedStar Georgetown University Hospital. Bring your questions! Be sure to get a free glaucoma screening from 11:30 a.m. to 1:30 p.m. as well! See **page 7** for more information, or call **(301) 656-2797**.

To also start receiving the digital edition of this newsletter, please send an email to newsletter@youreyes.org.

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**FREE MATTER
For the Blind or
Handicapped**