



Diabetes and Your Eyes

November is **National Diabetes Month** - more than 30 million people in the United States have diabetes. Having diabetes increases the risk of vision loss and blindness from diabetic eye diseases.

The most common diabetic eye disease is diabetic retinopathy. Individuals with type 1 or type 2 diabetes are also at higher risk for diabetic macular edema (DME), cataract, and glaucoma.

Getting regular eye exams and taking steps to manage your diabetes can protect your vision. Get a dilated eye exam at least once a year or sooner if you notice any noticeable changes, such as vision problems coming and going or a rapid increase in floaters.

A dilated eye exam is the best way to catch vision problems early when they're easier to treat.

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

Diabetes and Your Eyes

(Continued from page 1)

The longer a person has diabetes, the greater their risk of developing diabetic eye diseases. According to the National Eye Institute, early detection and treatment can lower the risk of blindness by 95%.

Controlling your diabetes can help lower the risk of vision loss. Take these steps to manage your diabetes - and keep your eyes healthy:

- Take medicines that your doctor prescribes - even when you're feeling healthy.
- Eat a variety of healthy foods - including foods that are low in saturated fats, added sugars, and salt.
- Get active. Start slow by taking five minute walks, and build up from there.
- If you smoke, talk to your doctor about ways to quit.
- Ask your doctor what your A1C, blood pressure, and cholesterol numbers are - and what you can do to manage them.

For more information, speak with your primary care provider (PCP) or your eye doctor.

Calendar of Events

NOVEMBER 2022

**TUE
8**

Diabetic Eye Disease Awareness Month

11:30 a.m. – 12:30 p.m. • Low Vision Support Group
Join David McGuire, M.D., Washington National Eye Center Ophthalmology Resident, to learn about the risks, causes, and how to prevent or slow vision loss associated with diabetic eye diseases.

Hosted by Washington National Eye Center.

**TUE
8**

Learn About Non-24 Sleep Wake Disorder

6 p.m. – 7 p.m. • Stargardt's Network Happy Hour
With blindness, many may experience sleeping issues, such as Non-24 Sleep Wake Disorder. Learn about this disorder and available treatment.

Hosted by Prevention of Blindness Society.

**WED
9**

Listen to the News: Metro Washington Ear

1 p.m. – 2 p.m. • Lions Low Vision Support Group
Reading the newspaper is very difficult when we have vision loss. The good news is, you can listen to the newspaper with this free service.

To RSVP, call Larry at (908) 770-9111.

Hosted by Leisure World Lions Club.

Leisure World of Maryland (Clubhouse II)

3300 N. Leisure World Blvd., Silver Spring, MD

NOVEMBER 2022 (continued)

To register for an event, call (301) 951-4444
at least 24 hours prior to the event.

**TUE
15**

The Wonders of Amazon Alexa: Part Two

1 p.m. – 2 p.m. • Tech Talk Tuesdays

Alexa-enabled devices can help make your life more independent, accessible, and fun. Join to learn more!

**WED
16**

Low Vision Town Hall Meeting

11 a.m. – 12:30 p.m. • Special Event

Join our moderator, **Suleiman Alibhai, O.D.**, to hear about important low vision topics and services, and ask questions. Call (301) 951-4444 to receive Zoom joining information.

**THU
17**

Cooking with Low Vision

12 p.m. – 1 p.m. • Vision Resource Group

With vision loss, everyday tasks like cooking can become difficult. How do I measure? How about turning on the oven? Reading recipes? Join us as we discuss these common challenges and some helpful tips to cook safely with vision loss.

To RSVP, call (301) 656-2797.

Friendship Heights Village Center

4433 South Park Avenue, Chevy Chase, MD

To register for an event, call (301) 951-4444
at least 24 hours prior to the event.

**FRI
18**

Holiday Card Signing Party

10 a.m. – 1 p.m. • Beatley Low Vision Support Group

You may consider sending holiday cards as you prepare to see friends and family this season. Join us as we have volunteers from the **Delta Gamma Northern Virginia Alumnae Chapter** available to assist you in completing all your holiday cards! Light refreshments will be available. Join us for fun and cheer! To RSVP, call (301) 951-4444.

Charles E. Beatley Central Library
5005 Duke Street, Alexandria, VA



Do you want to receive email reminders of upcoming POB events? Send an email to **communications@youreyes.org**.



Listen to replays of POB Low Vision Town Hall events on-demand at **www.anchor.fm/youreyesdc** and watch replays of other POB events at **<http://go.youreyes.org/youtube>**

Living with Low Vision

Personal Finance

By Tara Aziz

Activities like reading bank statements, paying bills, and writing checks can become challenging when our vision decreases. Not being able to handle our finances can be worrying – this is a part of our independence. Here are some helpful tips and tricks to make banking easier:

- Many, if not all, banks provide large print statements, checks, and checkbooks.
- Many banks also have accessible ATMs with speech options. Check with your bank where the closest accessible ATM is to you. Bring your headset!
- For those who use a computer or a tablet, online banking is an excellent option as you can enlarge the print or use screen readers to do your finances.
- Check writing guides, signature guides, and large print check balancing books can also be helpful tools.
- Your bank will never call, email, or text you asking for personal or account information. To reach your bank, always call the number on the back of your bank card.

Call the POB Low Vision Resource and Information Hotline at (301) 951-4444 to learn more.

Vision Loss Heroes

Georgia O'Keeffe

By Erika York

Born in 1887, Georgia O'Keeffe is one of the most significant artists of the 20th century, renowned for her contribution to modern art and considered the "Mother of American modernism." She is best known for her paintings of flowers and desert landscapes. She lived most of her life in New Mexico, where the rugged terrain inspired her.

What is truly inspiring about O'Keeffe is her tenacity and unwillingness to quit. In her later years, she developed age-related macular degeneration (AMD). AMD affects the central vision and the ability to see fine details.

Once her eyesight began to deteriorate, she had to adapt. She could have quit creating art but instead utilized her resources to continue to do what she loved. She started to get assistance from others to help her complete her paintings. Once that became too difficult, she began to use watercolors instead of oil paint, and eventually, she moved on to sculpting in clay. She never gave up on herself or her art. All of us can take inspiration from Georgia O'Keeffe!

Call the POB Low Vision Resource and Information Hotline at (301) 951-4444 to speak with a Resource Navigator today.

Being the Light Event: December 4

You, your friends, and your family are invited to join us on **Sunday, December 4, from 12:30 p.m. - 2:30 p.m.** at **Leisure World of Maryland** (Clubhouse 1, Crystal Ballroom, 3700 Rossmoor Blvd., Silver Spring, MD 20906) for a luncheon event moderated by **Suleiman Alibhai, O.D.**, low vision specialist.

Lunch will be served, and vision aid and device vendors will be on-site for you to try their products firsthand.

Tickets cost \$22 per person and must be purchased by November 21. For tickets, visit beingthelightpob.org or call (202) 234-1010 ext. 233.

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

FREE MATTER
For the Blind or
Handicapped

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