



THE MAGNIFIER

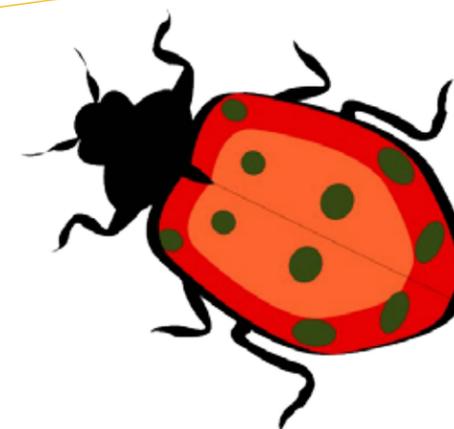
Macular Degeneration Foundation
P.O. Box 531313
Henderson, Nevada 89053

FREE MATTER FOR THE BLIND

Macular
Degeneration
Foundation

The Magnifier

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Book Now on CD

A recorded copy of "Macular Degeneration, "The Complete Guide to Saving and Maximizing Your Sight", by Lylas G Mogk, M.D. is now available on CD.

Sight Into Sound recorded the book and is making it available upon request.

The number to call is 713-622-2767

or email carol.pierce@sightintosound.org

iBug Welcomes Your Visit

<http://www.ibugtoday.com/> mdmcculloch@comcast.net

The mission of the iOS Blind Users Group, or more affectionately known as iBUG, is organized to assist the blind and visually impaired community to become more proficient in using the accessibility features of the iPhone, iPad and iPod Touch.

iBUG conducts virtual and face-to-face user group meetings, provides podcasts of the recorded conference calls, publishes the "iBUG Bytes" Newsletter, and presents the iBUG Road Show to groups interested in learning more about the iPhone and its accessibility features.

iBUG was founded in May 2011 by Michael McCulloch after conducting an iPhone Workshop at the Houston Area Visually Impaired Network (HAVIN)

sponsored Insight Expo held March 5, 2011 at the University Eye Institute on the University of Houston campus.

During the workshop, attendees expressed an interest in forming a users group to continue developing their iOS accessibility skills and iDevice proficiency.



Clinical Trial Information

Natl Eye Institute
800-411-1222 or
www.nei.nih.gov

Clinical trials have guidelines called "inclusion" and "exclusion" criteria. These criteria (age, gender, type and stage of disease, etc.) keep participants safe and ensure researchers will be able to answer the questions they plan to study.

Dry AMD Treatment Research

Acuity Medical International, a Minneapolis-based medical device company, has announced it has successfully completed a clinical trial in Germany of its new proprietary V-RES™ ("Vision-Restoration") therapy, designed to improve eyesight in patients who have lost vision due to dry macular degeneration (AMD).

The study was conducted at the University of Essen, Germany, by Professor Gerasimos Anastassiou. This study confirmed results of the company's two previous FDA compliant clinical trials conducted in the USA, which indicated improved vision in approximately 60% of patients. The German results, along with the US results showed statistical significance. (Trial Info: Call 612-238-8350)

The Acuity therapy is non-invasive, appears to be safe with no adverse events reported, and the clinical test protocol achieved results in 1-5 days. Acuity Medical plans to file a protocol with the US FDA this year to conduct a pivotal clinical trial for approval in the USA. This therapy is not currently approved by the FDA for sale in the US.

Resource Consultant

For assistance identifying agencies in a specific area, call

Lee Boncher,
Resource Consultant

toll free at:
1-888-866-6148

Resources

NFB Newsline
866-504-7300

Choice Magazine
Listening
888-724-6423

National Library
Service
888-657-7273
(Books on Tape)

Free Low Vision
Catalogs and
Independent
Living Catalog
888-537-2118

Maxi Aids
800-522-6294

Enhanced Vision
888-811-3161

Don't Get Cut Up in the Kitchen

Joseph Fontenot MD & Stephanie Montgomery OD
Community Services for Vision Rehabilitation
Mobile, Alabama CSVRLowVision.org Call: 251-928-2888

The kitchen can be a dangerous and intimidating atmosphere for those with visual impairment, but there are a few easy adjustments that can make the kitchen a safer place.

* Use a light colored cup when pouring dark liquids (like coffee) and use a dark color cup for light liquids (such as milk).

* Place color mugs on contrasting place mats.

* When using small amounts of liquid (like vanilla) use a dropper instead of a teaspoon.

* Use a pot with a color inside instead of an aluminum pot. This makes boiling liquids easier to see.

* Use liquid level indicators that make an audible noise when the glass is full.

* Use light cutting boards for dark foods, and dark cutting boards for light food. There are cutting boards available that are white on one side and dark on the other.

* Use finger guards to protect your fingertips from accidental cuts.

* Use brightly colored tape or paint on the handles of knives and other utensils, that way you don't accidentally pick up the sharp end.

* Mark kitchen dials with bright contrasting tape, Velcro, or bump dots. Bright fabric paint can also be used. Mark the most frequently used settings.

* Use a timer instead of watching the clock. You will easily be able to hear when your food is done. Very large timers that are easy to set are available.

* Rewrite favorite recipes on index cards in large print with a bold marker.

* Color code recipe cards. For Example: one color for meat, another color for dessert.

* Place a high intensity light in your kitchen to help with reading recipes, directions, and food containers.

With a few easy modifications, the kitchen can be a safer and more pleasant cooking environment. Many other modifications and devices are available. If you are going to a low vision clinic, most will have an Occupational Therapist who can visit your home and help you make the modifications you need. All states have low vision rehabilitation services that can do the same if contacted.

She Bowls From Memory



Mini Tvaska of St. Petersburg, Fla., made her record 66th consecutive United States Bowling Congress Women's Championship appearance recently in Reno.

"I just love bowling," Tvaska said. "To try to throw that ball isn't easy. You get a strike, and you are so happy. You get a spare, and everyone cheers for you. And it makes you feel good, and you cheer for them. It's just for enjoyment."

Tvaska has macular degeneration that causes vision loss in the center of the vision field. She asks her teammates what pins are left after her first throw with her 8-pound blue bowling ball, and then adjusts her second throw.

"I bowl from memory," she said.

We Appreciate Your Support

Donations

The Macular Degeneration Foundation, Inc. is a tax-exempt, non-profit organization.

Please visit our website at eyesight.org to make a tax deductible donation. Checks may be mailed to:

Macular Degeneration Foundation, Inc.,
P.O. Box 531313,
Henderson, NV 89053

Call: 888-633-3937 (USA)
Call: 702-450-2908 (Intl)
Email: liz@eyesight.org

Disclaimer - Articles in the Magnifier are for information only and are not an endorsement by the Macular Degeneration Foundation editorial staff.

Organizations That Can Help

National Eye Institute
800-411-1222
www.nei.nih.gov

AMD Alliance
amdalliance.org
416-486-2500
x-7505

Association for Macular Diseases
212-605-3719
macula.org

Foundation Fighting Blindness
888-394-3937
blindness.org

MD Partnership
888-430-9898
amd.org

Prevent Blindness America
800-331-2020
preventblindness.org

Macula Research Foundation
610-668-6705
mvrf.org

MD Support
816-761-7080
Mdsupport.org

EARS
Free Tapes to live life with confidence and dignity.
800-843-6816

Definitions

Ophthalmologist
a practitioner in the medical science of surgery and care of the eye and its related structures. An M.D. degree is required.

Retina specialist
a medical doctor trained as an ophthalmologist, who has received additional training in diseases and surgery of the retina and vitreous.

Optometrist
a degreed (O.D.), independent, primary health care provider skilled in the co-management of eye health and vision care, including examination, diagnosis, treatment, management of diseases/disorders, prescription of eyeglasses/contact lenses, and provision of low vision aids and therapy.

Optician
a person who designs or manufactures ophthalmic appliances or optical instruments ("ophthalmic optician") or deals in prescriptions ("dispensing optician").

The Art of Using a Computer

Fontenot MD Call: 251-928-2888

Having macular degeneration does not mean you should stop using the computer, or that you would not be able to learn how to use it. If you have central vision loss from macular degeneration, computer use is not only possible but highly advisable.

Computer use is relatively easy for the visually impaired. Both Microsoft and Apple are aware of the needs of the visually impaired, and of the rapidly growing number of older people using the computer. A Nielsen survey in 2009 reported that the number of people over 65 using the computer from 2004 to 2009 increased by 50%.

Apple computers have many accessibility features, as does Windows 7. Proprietary companies have software products such as ZoomText, Magic,

JAWS and Window Eyes that make computer use possible for even the totally blind.

Using the computer allows you to keep in contact by e-mail with family and friends, search the internet, shop, plan trips and generally stay in the loop, keeping up with a rapidly changing world.

Computer literacy is now a requirement for almost any job and even for much volunteer work. Computer use may even improve your mood and mental health. A 2005 study reported by the American Psychological Association found less depression in seniors who used the computer.

More than 50% of the visits to American libraries are to use the computer. Those out of work, students, people whose com-

puter is out of order or shared, or who seek quiet refuge from a noisy household go to a library to use the computer.

Almost all libraries have computers and free computer classes for seniors. Many have instructors who are familiar with the accessibility features, and some may be familiar with the specialized adaptive software for the visually impaired.

If you have vision loss of any degree, ask your local low vision clinic or state agency such as the Dept of Vocational Rehabilitation or Rehabilitative Services. They usually maintain a resource list which should include computer classes. Most of these classes are free. You can also check with your local library.

New Electronic Magnifier & Reader

Enhanced Vision recently launched a powerful new high definition desktop electronic magnifier and (OCR) reader. DaVinci is a high performance desktop video magnifier (CCTV), featuring HD, text-to-speech (OCR) and a 3-in-1 camera for near, intermediate, and distance viewing. HD offers high definition color and contrast resulting in a beautiful, crystal clear picture and vibrant colors.

DaVinci's text-to-speech feature can make reading enjoyable again and bring independence to the 15 Million+ Americans suffering from low vision conditions such as macular degeneration. With the push of a button, DaVinci will read any printed text aloud in a clear audible voice. Enhanced Vision will send a free publication on Low Vision by calling toll-free: 888-811-3161 or visit <http://www.enhancedvision.com>.

FDA Approves Lucentis for Treatment of Diabetic Macular Edema (DME)

Genentech announced on August 10 that Lucentis was approved by the FDA for treatment of diabetic macular edema (DME). Lucentis is the first and only FDA-approved medicine for DME, a condition for which the standard of care has not changed significantly in more than 25 years. To date, the standard of care in the U.S. for DME has been laser surgery, which slows the rate of vision loss and helps stabilize vision, but has demonstrated only limited ability to restore lost vision. Lucentis 0.5 mg once monthly was first approved by the FDA for treatment of wet age-related macular degeneration (AMD) in 2006 and for macular edema following retinal vein occlusion (RVO) in 2010. Now, Lucentis 0.3 mg once monthly is approved for DME, and physicians can order immediately.



The Chicago Lighthouse
For People Who are Blind or Visually Impaired

Problems With Adaptive Technology?

Call Sam from the Chicago Lighthouse for the Blind Adaptive Technology Helpdesk. The help desk has been helping people since 2006, and will be helping people for many years to come. The national toll free number is: 888-825-0080.

While the Helpdesk is free, to keep the service going, they do ask for donations.



Puppy Love!

According to David Fuller, a well-known publisher and editor, there are "deep psychological benefits that result when people have a pet."

Science increasingly is finding medical benefits as well. One scientist asserts the "feel-good" hormone oxytocin increases from merely petting a dog.

Are You Missing Out on Benefits?

April Issue of AARP by Joan Rattner Hellman

If you're struggling to pay for health care, food, or utilities, help may be closer than you realize.

Older Americans miss out on more than \$20 billion worth of benefits every year. A nationwide campaign launched by the National Council on Aging and the National Association of Area Agencies on Aging aims to help older adults learn about two easily accessed resources that can connect them to needed support.

BenefitsCheckUp (benefitscheckup.org)

Eldercare Locator (1-800-677-1116 or eldercare.gov)



A Letter From The Editor, Liz Trauernicht

Fear is Your Worst Enemy

It is normal for a patient to experience a number of emotions when faced with the possibility of an eye disease. The thought of blindness brings despair and depression. The enemy behind most of these negative emotions, however, is fear. To survive any age-related condition, we must become warriors! That's right, warriors!

The struggle to deal with challenges offers us the opportunity to learn patience. Think about frustration and how it causes every situation to become impossible. When we give in to FEAR and let it take over our life we are virtually powerless. The future looks black and hopeless.

So to be empowered, we have to identify the enemy and take away the power of the unknown by replacing it with knowledge. Education about Macular Degeneration and how to live with challenges is exactly what our organization is about. So if you are reading this, you are al-

ready engaged in a transition to low vision that will allow you to experience the joy of today.

Knowledge, by the way, is your armor. The more you are able to limit your risk factors; learn about treatments; and find products to help you navigate your independent living the less you will feel like a victim.

By the way, total blindness and also the extent of vision loss is different for each patient. Extreme vision loss is possible but it is not the case for most people.

Dr. Ari Weitzner reported from the World Ophthalmology Congress that a small study indicated that early intervention using low-vision aids can greatly reduce the severity of depression related to vision loss in patients with AMD.

Alcohol Consumption Link



A study published July 29, 2012 in American Journal of Epidemiology has concluded that drinking more than 20 g of alcohol per day was associated with an approximate 20% increase in the odds of early AMD when compared with those who reported no alcohol intake at baseline. A typical glass of wine contains about 15 g. The positive association, drawn by researchers at the Centre for Eye Re-

search Australia, was apparent for wine, beer, and spirits.

This is interesting in light of previous research showing red wine to be beneficial to the retina for its antioxidant properties.

It is not, however, the alcohol content that provides this benefit, so, as substantiated by these new findings, one glass per day should be the limit.

Talking Prescription Bottles

Walmart recently announced that it is offering the ScripTalk Talking Prescription program on a pilot basis to its mail-order customers with visual impairments and to Walmart pharmacy customers in three stores.

Walmart is working with the American Foundation for the Blind, the American Council of the Blind and the California Council of the Blind to pilot this service for customers with visual impairments. Inquiries about talking pill bottles or accessible prescription information in connection with Walmart or any other retailer or prescription provider should be directed to Scott Grimes through the following email address or toll free telephone number:

prescription.access@gdblegal.com or 1-800-822-5000.



How Much Is Enough?

Experts believe antioxidants may be most beneficial in combination with one another and with other substances in plant foods, so get your antioxidants from food (if possible) rather than supplements.

If you eat two cups of fruit and 2.5 cups of vegetables a day, you will easily get enough antioxidants to reap their disease fighting benefits. Avacados are one of the most nutrient dense foods that exist. They contain more lutein than any other fruit, which is important in the prevention of macular degeneration and cataracts. They are also a great source of important eye nutrients such as vitamin A, C, B6, and E (From Healthy Living)