



DISCOVERY

THE DISCOVERY EYE FOUNDATION



Fall 2010

The Discovery Eye Foundation supports research, education and advocacy related to sight-threatening eye diseases and their treatments, improving the quality of life for patients and their families.

In this issue:

- [Research](#)
- [DEF News](#)
- [Lifestyle](#)
- [Macular Degeneration](#)
- [National Keratoconus Foundation](#)
- [Upcoming Events](#)

For comments or questions about any articles, please feel free to [email us](#).

RESEARCH UPDATE

Stem Cells Give Hope to Those with Corneal Scarring

There's good news on the research front for those with severe damage to the surface of the eye, for whom corneal transplants have not been an option. A recently published article in the *New England Journal of Medicine* describes a successful approach that is being used to restore vision to numerous patients with limbal stem-cell deficiency. [Read more...](#)

Increasing Risk for Diabetic Retinopathy

The American Academy of Ophthalmology released a statement in August warning of an increase in diabetic retinopathy in Americans over the age of 40. A study published in the *Journal of the American Medical Association* found those with diabetes or a high risk for the disease — including many minority populations — are especially vulnerable for diabetic retinopathy, which can cause blindness. [Read more...](#)

DEF NEWS

DEF, NKCF & MDP Take Maximum Advantage of Online Opportunities

"Since revamping all three DEF websites (www.discoveryeye.org, www.nkcf.org and www.amd.org) last year, we are reaching out using other online vehicles to help reach more people dealing with eye diseases," says Susan DeRemer, vice president of development for DEF. "By participating in social-media sites, we reach a broader audience, of all different ages, in many more places. The sense of community is good for both DEF and the people we serve, and it helps build awareness among those in need and those who can champion our cause."

Global Giving for AMD

Help reach the October goal for macular degeneration

GlobalGiving is an online marketplace that connects individuals to causes they care about. The site is helping the Macular Degeneration Partnership raise \$50,000 by matching any donation **made between Oct. 12 and Oct. 21**. Global Giving helps spread the word about MDP and encourages donors to look at — and fund — our important work.

Please help us meet our \$50,000 goal: Visit [Give the Gift of Sight](#) to learn more and make a donation.



We're a Great Nonprofit

Prove it at [GreatNonprofits.org](#)

Many people turn to independent sources when choosing recipients for their end-of-year donations. A key source is [GreatNonprofits.org](#), which is the only site based completely on donor experiences. DEF is listed with GreatNonprofits, and the more reviews we get, the fuller a picture prospective donors get about the lives we touch.

Please log on to [www.greatnonprofits.org](#), and **post a review of DEF between Oct. 1 and Oct. 31**. The first 20 people to do so will get a free lighted pocket magnifier. Once you post your review, [email us](#) with the address to which we should send your handy magnifier.

To post a review, you will need to register for the site, or you may use your Facebook account to do so. It just takes a minute, and it means so much to those who rely on our services.



You Like Us, You Really Like Us

Tell the world through Facebook



We share lots of important information through our Facebook pages for DEF, MDP and NKCF. Please help us reach those who need us by expanding our Facebook audience through our Cause pages.

Visit our Cause pages, and use the green button in the upper right to “Invite Friends” to join our Cause, and encourage your friends to do the same. **From Nov. 1–Nov. 30**, the top five recruiters from each of our Causes pages ([DEF](#), [MDP](#) and [NKCF](#)) will receive a small LED flashlight.

Also, while you're on Facebook, take time to visit our pages:

- [www.facebook.com/discoveryeye](#)
- [www.facebook.com/nkcf.org](#)
- [www.facebook.com/amd.org](#)

Be sure to “Like” us, so you can stay on top of the latest news in vision care.

Three Tweets for AARP

Be sure you're following DEF on Twitter [@discoveryeye](#), so you can follow the goings-on at AARP's Orlando@50+, **Sept. 30–Oct. 2**. We'll be tweeting from the Vision Pavilion, and posting news and photos to our Facebook page, throughout the annual event.

OCVS Recordings and Interviews Online

Did you miss the second annual DEF Orange County Vision Symposium on June 26? Not to worry: You can now find session recordings and speaker interviews on our [website](#). Clinicians and researchers from UC Irvine, UCLA, USC and private practice discussed AMD, diabetic retinopathy, glaucoma, keratoconus, retinitis pigmentosa and treatments of the future. Each presentation had a variety of topics including treatments, research, potential cures, nutrition and lifestyle choices plus a Q&A at the end.

LIFESTYLE

Drink Up! New studies show eye - healthy effects of wine, tea

Don't Stop Wine-ing

As if we need another good reason to have a nice glass of red wine with dinner, researchers at Washington University School of Medicine in St. Louis report that resveratrol, which is found in the skin of red grapes and blueberries, may help prevent vision loss associated with diabetes and age, including diabetic retinopathy.

Of particular interest to those with age-related macular degeneration (AMD), the resveratrol was shown to help block the growth of abnormal blood vessels in the eye, a key component of AMD. While human studies have not yet been conducted, researchers are hopeful resveratrol may lead to a preventive treatment for vision loss.

Have a Green Tea Party

Recent studies have shown a positive effect on vision from green tea. The key catalyst is epigallocatechin-gallate (EGCG), which is found in abundance in lightly oxidized teas such as green tea and white tea.

While definitive studies have not yet been conducted on humans, researchers found EGCG may protect the retina, lens and aqueous humor; prevent cataract formation; and protect against AMD and glaucoma.

MACULAR DEGENERATION PARTNERSHIP



All in the Family

Three generations deal with the effects of macular degeneration

Considering she'd had her eyes checked regularly every two years for as far back as she could remember, 62-year-old Alice Hammer had no reason to expect any excitement at her ophthalmologist appointment. So when her doctor examined her eyes and said, quite matter-of-factly, that she'd be blind within seven years, she was a bit taken aback.

[Read more...](#)

NATIONAL KERATOCONUS FOUNDATION



Keratoconus ... Queratocono

To ensure the National Keratoconus Foundation (NKCF) reaches the greatest possible number of keratoconus patients, we've expanded our education and outreach efforts to the Latino community, including offering Spanish-language versions of our educational materials and website. [Read more...](#)

Seeing the Solution

Jon Hagmaier started to cry. He could see. He saw the lines in his hands. He saw things he had never seen before. And all because of two little hard contact lenses. [Read more...](#)

MARK YOUR CALENDAR

Oct. 25–26

California Women's Conference

Stop by the DEF booth at the Exhibit Hall at the Long Beach Convention Center; visit www.womensconference.org for information about the conference.

Dec. 11

Keratoconus Patient Seminar

Teaneck, NJ

Be sure to visit www.nkcf.org after Oct. 11 for information.

