

BUCKEYE OPHTHALMOLOGY

***Proud Buckeye Ann Williams
LaFontaine Leaves Generous
Gift for Eye Research***



THE OHIO STATE UNIVERSITY

WEXNER MEDICAL CENTER



THE DEPARTMENT OF
OPHTHALMOLOGY
1914 - 2014



OSU EYE & EAR

CENTENNIAL CELEBRATION

*Join us Saturday, September 27, 2014 to celebrate
100 years of excellence and innovation...more on pg. 5*



Pictured above:

Dublin Location
Eye & Ear Institute Location
CarePoint East Location

Cover Photo:

The late Ann Williams LaFontaine, lifelong buckeye and generous benefactor



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PAGE 1: Geoff Tabin, MD and John Pajka, MD
at the Global Outreach Project Launch

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Alan Letson, MD
Rebecca Kuennen, MD
Andrea Sawchyn, MD
Cate Jordan, MD

Research Manager - Laura Sladoje
Program Coordinator - Christina Stetson
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OPHTHALMOLOGY OUTREACH
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Global Outreach Project Launch

\$164,000 Raised For Resident Missions at Inaugural Event

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“Into the Light”, an evening event celebrating the launch of OSU’s Global Outreach Project, was a rousing success with over a \$160,000 raised for this important service-learning initiative. Nearly one hundred participants attended including ophthalmologists, optometrists, residents, students, donors, and staff.

The highlight of the evening was a keynote address from Dr. Geoffrey Tabin of the Moran Eye Institute. Dr. Tabin is co-founder of the Himalayan Cataract Project which is responsible for over a half a million sight-restoring surgeries in the past 20 years.



The new OSU Global Outreach Project will be a sustainable outreach and education program with a focus on restoring sight and changing lives in the developing world. It provides OSU residents and fellows with mentored, service-learning experiences in the developing world while helping to restore sight and improve lives where the need is greatest. It also develops training partnerships with established international eye care programs.

Thank you to everyone who has made this major endeavor possible, including Dr. John & Linda Pajka, Dr. Thomas Mauger, Dr. Glenn & Carmen Himes, Dr. Mitch Opremcak, Dr. Leonard Quick, Dr. Carl Shin, Dr. Paul & Lesley Weber, Dr. Dale & Bonnie Solze, Dr. Carl Minning, Dr. Jack & Candace Hendershot, Dr. Amit Tandon, Dr. Jonathan Walker, Dr. Mark Gersman, Dr. David George, Bob & Danette LaFollette, Dr. Doug Baker, Dr. Charles Leone, Dr. William Banks, Dr. Robert & DeAnne Chambers, Dr. Henry & Suzanne Croci, Dr. Robert Derick, Dr. Garret & Kristina Mouser, Dr. Jeffrey Oehler, Dr. Karl Pappa, Donald Schriver, Dr. Rebecca Kuennen, and Dr. Steven Meadows.



Top Left: Drs. Pajka, Baker and Weber

Middle Left: Drs. Minning, Mauger, and Himes

Bottom Left: Drs. Oehler, Weber, and Baker

Bottom Middle: Drs. Chambers, Oehler, and Dr. and Mrs. George

Bottom Right: Dr. Tabin



Alumni Gift Benefits Residents and International Patients

Dr. John & Linda Pajka Donate \$50,000 to Fund Resident Global Outreach

John and Linda Pajka are both well-acquainted with the importance of international outreach. Having completed healthcare service trips to many developing countries, they have seen first-hand the impact that can be made in a short time by a few dedicated individuals.

Recently, John and Linda started an endowment fund to support a new medical education program providing eye care in developing countries. This program not only enables OSU Ophthalmology residents to experience healthcare in underprivileged countries, but to also provide eye care where the need is greatest. These mentored, service-learning experiences help shape future ophthalmologists to provide the best possible care with a spirit of compassion.

John graduated with honors from the OSU College of Medicine in 1986 and completed his ophthalmology residency at OSU Havener Eye Institute in 1990. Linda completed her nursing degree in 1986 at Ohio State.

Today, Dr. Pajka is an extremely busy ophthalmologist from Lima, Ohio who, together with his wife Linda, spends his vacation time bringing eye care to under-privileged countries. They have been all over the world, from Africa to Asia to Central America, bringing ophthalmic care to



thousands of impoverished people. They are tireless in their dedication to restoring sight.

“People ask me why I do this mission thing so much,” said Pajka “and I frequently find myself quoting Dr. Havener, ‘Find a job you love and you don’t have to work anymore.’ Ever since my residency at OSU, my wife Linda and I wanted to do some sort of mission work.”

The Pajkas have donated their time and resources to work with local eye surgeons to provide cataract surgery and care to people who otherwise would remain sightless. Given the opportunity to start a program that would educate future eye surgeons and help those in greatest need, both John and Linda were enthusiastic.

“I feel very fortunate to be able to do this. To be giving back and paying forward,” said Pajka. “I have a great job and missions like this help remind me why I went into medicine—to help people. There is nothing like it!”

For more information about Dr. John Pajka’s outreach efforts and the new Global Outreach Project, go to eye.osu.edu/About/GoProject.



Dr. Glenn & Carmen Himes Support Missions

Grateful Patients “Pay It Forward”

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Having both grown up on small farms in Indiana, Glenn and Carmen only met when they both attending Purdue University. Glenn majored in Agriculture and Carmen majored in Home Economics. After graduation, they married and they moved their young family to Columbus in 1961 so that Glenn could attend graduate school at The Ohio State University. After receiving his doctorate, Glenn was asked to join the Department of Agriculture faculty and so they remained in Columbus.

When they started having eye problems, they went to the OSU Havener Eye Institute.

“I saw Dr. Weber, and Carmen saw Dr. Mauger,” said Glenn. “We each met a doctor who was very professional, very likable, and we got good medical results.”

Glenn was diagnosed with glaucoma. Carmen was concerned as her mother had had glaucoma and gone to their small community’s best doctor, but had still lost her eyesight in that eye.

“I was concerned,” said Carmen. “We didn’t know anything about it, but Dr. Weber explained all about it, tried different medications, and checked him every four months. To think, it’s been thirty years and that in all of these years, he’s been able to maintain good eyesight and a healthy eye.”

Carmen then developed cataracts. She knew that a lot of people had them, but remembered how difficult her father’s cataract surgery had been. Back then, patients had to lay their head on a pillow and keep perfectly quiet



and ultimately wear very thick glasses. She had been hearing about modern cataract surgery, and decided consult Dr. Mauger. In the end, Carmen was very pleased with the results of her surgery.

“With Dr. Mauger, it’s just...it’s a miracle,” said Carmen. “We just felt so blessed to be in a location where we got such great medical care.”

Carmen and Glenn were thinking about making a gift to the Havener Eye Institute. They heard about the new Global Outreach Project, which sends ophthalmology residents to developing countries to provide cataract surgery, glaucoma treatment, and other ocular care. They decided to make a donation that would support this important work.

“When you’ve been blessed, you really like to pay it forward a bit,” said Carmen. “Vision is such a gift. Giving back is so important. It’s just a tiny little thank you and it just perpetuates the work.”



CHICAGO AAO ALUMNI RECEPTION

Saturday, October 18, 2014 • 5:30-7:30pm
343 North Michigan Avenue

Join us during the AAO’s annual meeting for a special chocolate & wine tasting at Fannie May Chocolates.

RSVP to Christina.Stetson@osumc.edu or call 614-293-8760

Ann Williams LaFontaine's Bequest

Lifelong Buckeye Leaves OSU \$1.6 Million for Eye Research

Ann LaFontaine was a buckeye, through and through having been born in Clintonville on Brevoort Road within walking distance of The Ohio State University. She was always proud of her big buckeye family. Her only brother John attended Ohio State, along with several of her cousins, including Lillie (Carr) Grossman. Ann admired Lillie who served as a volunteer nurses' aid for the American Red Cross during WW I and WW II, and married the renowned OSU veterinary professor, Dr. James Grossman.

Ann was tall, striking, and independent. Growing up during the "Roaring Twenties," she embodied the spirit of her generation. Ann was very involved in student life at Ohio State and wrote the "Gadabout" articles for The Lantern, OSU's student paper.

It was an exciting time to be a buckeye. Women in universities were on the rise and represented nearly a third of the student body, OSU track star Jesse Owens won four gold medals at the Olympics in Berlin, and the first "Script Ohio" was performed by the Ohio State Band. Perhaps it was these and other events that instilled her lifelong love for Ohio State.

After earning her Bachelor's degree in journalism in 1937, she landed a job at the Columbus Dispatch. She later moved to Toledo and worked for The Blade. Eventually, Ann moved to Detroit and worked at The Dearborn Inn, a historic luxury hotel commissioned by Henry Ford, who she met while working there. She also met her husband, Timothy LaFontaine, a Canadian from Ontario.

They retired in the 1950s and moved to sunny Florida. After moving around for a while, they eventually settled in Stuart, FL—which she loved. Ann did not let retirement slow her down. She volunteered, invested in the stock market, handled her own accounts, and remained very interested in news from Ohio State and the Buckeyes.

Ann adored travelling and her tireless interest in different countries and cultures led her to all corners of the globe and every continent except Antarctica. She and Tim loved playing host to her brother John, his wife Midge, and their three children, Ann, David, and Martha. Her niece Martha fondly remembers a 38ft classic power boat which her uncle and aunt would take to the Florida Keys or the Bahamas whenever they had the opportunity.



"They would take us boating or fishing," said Martha. "Aunt Ann even caught a record-setting Wahoo fish. She was amazing. She was a lifelong learner and an avid reader. Even into her nineties, she was reading six newspapers a day and volunteering her time to her local library."

Her continuing allegiance to Ohio State was impressive. Though most of her retirement was spent in Florida, she visited her brother's summer home in Oak Harbor, OH and stayed connected to her buckeye roots. With such a deep devotion for OSU, it is not surprising that she included her alma mater in her will. In a large bequest to Ohio State, she selected the James Cancer Hospital, the University Libraries, and the Havener Eye Institute to benefit from her generosity.

Her gift to ophthalmology was inspired by her admiration for her cousin Lillie, who was widowed young and who had developed age-related macular degeneration (AMD), a potentially blinding eye condition. Ann's gift will be used to further vision research and will not only help patients with AMD, but many ocular conditions. We are very grateful for Ann's legacy to the future of eye care.

Meet the Fellows

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Adam Cloud, MD
Cornea, External Disease, and Refractive Surgery Fellow



Ami Shah-Vira, MD
Neuro-Ophthalmology and Oculoplastics Fellow



Jean Brian Kassem, MD
Neuro-Ophthalmology and Oculoplastics Fellow



Leah Kinlaw, MD
Glaucoma Fellow



Dominic Buzzacco, MD
Vitreoretinal Disease and Surgery - Community Fellow



William Terrell, MD
Vitreoretinal Disease and Surgery



Elena Geraymovych, MD
Vitreoretinal Disease and Surgery



OSU EYE & EAR CENTENNIAL CELEBRATION

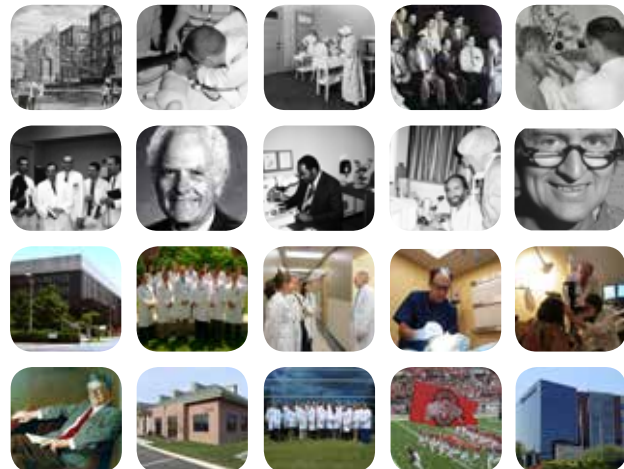
Saturday, September 27, 2014

Mark your calendar to celebrate 100 years of excellence starting at 2:30pm with...

- Tailgate, food, and fun
- CME available
- Free parking & busing to the game
- Buckeye football tickets available for purchase*

Donations are appreciated. For more information and a list of funds, visit: go.osu.edu/OneHundredYears.

*Two per alumni while supplies last



Eye Research Fellowship Named for Norbert Peiker

Lions Eye Research Foundation Recognizes a Lifetime of Dedication to Vision

Born in Germany in 1940 at the beginning of WWII, Norbert was no stranger to deprivation and suffering. It was harsh growing up in a combat zone. He was the oldest of six kids in a fairly poor family. His chances of getting into a good school were slim, but he persevered and was accepted to a prestigious high school run by St. Benedict monks. It was there that Norbert first met someone who was blind.

“I was fascinated,” said Norbert. “He took all of his notes in Braille. When we had tests or a paper due, he used a typewriter. He typed all of his stuff, without the opportunity to correct or to read what he wrote. It all had to be in his head and I was just fascinated by how a blind person can function this way.”

From that time on, Norbert had a desire to help people who were blind. After graduating from college in architecture in Augsburg, he learned of the Lions Club International (an organization which supports projects to prevent blindness, restore eyesight, and improve eye health worldwide). He looked into joining, but quickly found out that the Lions Clubs in Germany were very expensive. As a young architect, starting a family, he did not have the money for membership, but his interest in helping the blind did not wane.

After the war, a lot of German engineers who had worked in the military sector had gone back to the universities for a two-year crash course in architecture. Norbert quickly found out that there was an oversupply of architects. He began to think of leaving Germany.

In November 1969, Norbert came to the United States and began working for an architectural firm, Marr Knapp & Crawfis, for which he would become president in later years. He joined the Mansfield Evening Lions Club in January of 1979 which did a lot of work for the blind and “had projects where everybody could participate.”

Norbert was always active in sports, but over the years had gotten out of shape. He began running as a way to get healthy. To encourage him, a friend paid for his registration to run the 1981 Columbus Marathon. It was his first major run. He finished, but it was so tough he figured that he would never run again. However, when he heard of another marathon in Cleveland, he reconsidered and ran that one too. When he qualified for the Boston Marathon, he was hooked and it soon became a way of life for him.

In 1985, Norbert began to consider how to use his running to help the Lions and raise money for the blind. With all of the training he was doing for the Boston Marathon, he wanted to see if people would sponsor him.

“I thought ‘A penny a mile or something’ and pledged to do three and a half thousand miles that year. Well, some people said you could never do this. Three and half thousand, that’s between nine and ten miles on average a day for a year. I actually did 4,022 miles. That money was then put into the Ohio Lions Eye Research Foundation.”

After that, he ran several long distance fundraisers including running from Columbus, OH to the 1990 Lions International Convention held in St. Louis, MO. At an average of 38 miles a day, he made it in 12 days and raised \$50,000.

“Running is how I got involved in eye research. It was not just fundraising. It was a celebration of research. It was making people aware of how important vision is.”

After running 47 marathons including the Boston Marathon five times, and raising thousands of dollars in endurance races for the Lions, Norbert was diagnosed with cancer in 1996.

“I retired as an architect and had to step back from my position with the Ohio Lions Eye Research Foundation. My focus had to shift.”

Recognizing his many years of service, the Ohio Lions Eye Research Foundation Board of Trustees voted to name their graduate fellowship “The Norbert Peiker Fellowship” in his honor. This past year, first Peiker Fellowship was completed at OSU by Kim Metzler studying corneal biomechanics.

“As a child in my native Germany, I experienced the destruction and rebuilding of a war-torn nation,” said Norbert. “That experience has led to a lifelong drive to rebuild lives and communities. I have always ascribed to the philosophy that ‘vision with action can change the world.’ It’s all about determination, endurance, and perseverance. You have your frustrations and you may have to reroute when you run into a wall, but when you stick in there, you can accomplish so much.”



Norbert Peiker Research Fellow, Kim Metzler with OSU faculty mentor Dr. Cynthia Roberts and Norbert Peiker



Expert Oncologist Advocates Suspicion

Shields Demonstrates Cases of “Masquerading” Ocular Cancer

Jerry Shields, MD, an internationally renowned ocular oncologist, spoke at the 3rd Annual Jacob Moses, MD Lectureship. In his lecture, “Serious Eye Cancers Masquerading as Common Benign Conditions,” the message was one of renewed vigilance in detecting ocular cancer.

Many attendees remarked on Dr. Shields’s skills as a presenter and how his cases touched on nearly every facet of ophthalmology. He was able to take the highly specialized topic of ocular oncology and relate it to the average ophthalmologist’s day by demonstrating how common complaints, seen daily in the clinic, could actually be cancerous conditions.

“We were really honored to have Jerry Shields speak to us,” said Frederick Davidorf, MD. “He has a wealth of knowledge and that, coupled with the fact that he is just a superb lecturer, makes him a tremendous teacher.”

One of Dr. Shields’ cases was a patient diagnosed initially with severe conjunctivitis (swollen blood vessels in the white part of the eye commonly known as pink eye). When routine

treatment failed to resolve the condition, a closer look and revealed that the blood vessels were actually supplying a tumor on the inside of the eye. Dr. Shields emphasized that if they had not considered other options beside the obvious, the cancer might not have been discovered until it was too late. His parting words were that when it comes to patient care, it’s important to “Be very suspicious.”

“Dr. Shields was captivating and kept everyone’s interest,” said Dr. Davidorf. “I think that everyone walked away with something to think about.”



AAO Alumni Reception 2013 - New Orleans



This past Fall, we hosted our annual alumni reception at K Paul’s Louisiana Kitchen during the American Academy of Ophthalmology. Alumni from far and wide celebrated the Department’s rich tradition and caught up with former class mates.

Top Left: Drs. Randall Jacobson and John Welling **Top Right:** Drs. Karl Pappa, John Pajka, and Jonathan Davidorf **Bottom Left:** Dr. David George and Dr. & Mrs. Mitchel Opremcak **Bottom Middle:** Drs. Leonard Quick and Ken Cahill **Bottom Right:** Dr. & Mrs. William Banks and Dr. Matthew Ohr



Cancer and Uveitis

Hot Topics at the 2014 Postgraduate Symposium in Ophthalmology

New diagnostic tools and treatment options in ophthalmology are being devised all the time. After 57 years, The Ohio State University's Annual Postgraduate Symposium in Ophthalmology is still bringing new research and innovations to Central Ohio. This year's Course Directors, Colleen Cebulla, MD, PhD and Mohamed Abdel-Rahman, MD, PhD, brought many high-powered experts to address the theme "Is It a Tumor? Hot Topics in Ocular Tumors & Uveitis."

"Both of these areas can be challenging, fascinating, intimidating, and heartbreaking," said Dr. Cebulla. "We as ophthalmologists play a tremendous role in diagnosing and treating these disorders that have a profound effect on patient's lives."

OSU Alumni Hans Grossniklaus, MD, MBA, who is now practicing at the Emory Eye Center, is very well-known for his work in ocular pathology and a wide variety of intraocular tumors, as well as, surface tumors. He presented a comprehensive review of the pathology, epidemiology, and molecular biology of retinoblastoma, gave an update on uveal melanomas, and spoke about the most common types of conjunctival tumors.

Dan S. Gombos, MD, FACS from MD Anderson Cancer Center shared some of the latest treatments for retinoblastoma. He also discussed radiation retinopathy, a difficult problem facing ophthalmologists, and some of the top ways to treat it.

Bascom Palmer Eye Institute's Carol L. Karp, MD is notable as one of the first people to develop a medical therapy for a conjunctival squamous cell tumors and epithelia neoplasia. She discussed some of these methods which have helped revolutionize treatments of conjunctival tumors.



The meeting also featured many renowned Ohio State experts, like Thomas Olencki, DO (Oncology) and Lynn Schoenfield, MD (Pathology) and Ophthalmology's Mohamed Abdel-Rahman, N. Douglas Baker, MD, Louis Chorich, MD, Frederick Davidorf, MD, and E. Mitchel Opremcak, MD.

Dr. Opremcak showed some very unusual uveitis cases where the retinal biopsy was essential to making the diagnosis. He also provided an update on life-threatening uveitis disorders and current concepts in their treatment.

Dr. Olencki highlighted Dr. Davidorf as a "visionary" who had urged him to work on developing chemotherapy for metastatic uveal melanoma, which did not have an effective treatment. Now, a medication in recent trial has been found to be of some benefit in treating the disease. OSU is paving the way for more studies for advanced uveal melanoma, including a recently opened clinical trial for metastatic disease. This will give some hope for patients and their physicians.

"As a cornea specialist, the most rewarding part of the conference was the Saturday session on conjunctival tumors," said Andrew Hendershot, MD. "But, I think that everyone thought that it was a great meeting. It already changed the way I handled one patient so far, and who knows how many more in the future for me and other doctors that attended."

TOP: Drs. Mohamed Abdel-Rahman, Hans Grossniklaus, Louis Chorich, Mitchel Opremcak, Frederick Davidorf, Dan Gombos, Colleen Cebulla, and Carol Karp BOTTOM LEFT: Drs. Marilyn Huheey and Megan Chambers BOTTOM CENTER: Dr. Chris Chambers, Trish Rebish, Dr. Anupama Horne, and Dr. Andrew Hendershot BOTTOM RIGHT: Drs. Dominic Buzzaco and Amit Tandon



Is Stress Affecting Your Eye Health?

OSU Collaborators Seek Answers in a New AMD Study

There is a wealth of research which has shown that stress and depression are related to health-related concerns including wound healing and response to vaccines. Unfortunately, there has not been much research to investigate the effects on eye health.

At Ohio State, Dr. Bradley Dougherty (Optometry), Dr. Frederick Davidorf (Ophthalmology), Dr. Karla Zadnick (Optometry), and Dr. Janice Kiecolt-Glaser (Psychiatry and Psychology) are investigating the effects of stress and depression on the body's inflammatory response. They hope to understand how these factors affect the visual outcomes of treatment for patients with wet age-related macular degeneration (AMD).

"Stress and depression have been shown to increase inflammation in the body and wet AMD is an inflammatory disease," said Dr. Bradley Dougherty, "so there's reason to believe that they may lead to worse outcomes in wet AMD."

AMD is characterized by degenerative damage to the light-sensitive tissue on the inside back of the eye responsible for central vision (macula). In dry AMD, vision loss is caused by a breakdown or thinning of cells in the macula. Wet AMD is caused by the growth of abnormal blood vessels which leak and cause swelling in the macula. The treatment for wet AMD is an ocular injection of a substance that prevents new blood vessel growth.

"What we're doing," said Dr. Dougherty, "is investigating whether or not we can determine who does well in these treatments and who's more likely to be at risk for doing poorly. Ultimately, we hope to be able to do something to improve all patient outcomes."

Sponsored by the National Institutes of Health, the study hopes to enroll 150 AMD patients. Each patient will complete three visits over a year. They will have their visual acuity tested, have blood drawn, and complete surveys to determine their individual levels of stress and depression. Researchers will also enroll a number of non-AMD patients to complete identical surveys.

The surveys cover a host of topics. Participants are asked to rate their quality of life, if they feel socially supported, how their vision impairment impacts various aspects of their life, and more.

Each AMD participant's blood will be tested for complement factor H gene (a genetic risk factor for macular degeneration) and C-reactive protein (a marker for how much inflammation there is in the body). C-reactive protein has been shown to be related to stress and depression and is also a risk factor for macular degeneration.

At the end of the study, researchers will measure the change in vision from the start of treatment and will try to determine who has done well and who has not done as well and if there is a correlation to stress and depression.

"We are looking at systemic factors which are likely to be involved in AMD," said Dr. Davidorf. "Does the patient's mental status affect response to treatment? Are there immune factors at play in this disease? Identifying the patient's mental and immune status as he or she deals with the possible loss of vision is the focus of this study. We hope our findings will lead to additional therapies and better outcomes."



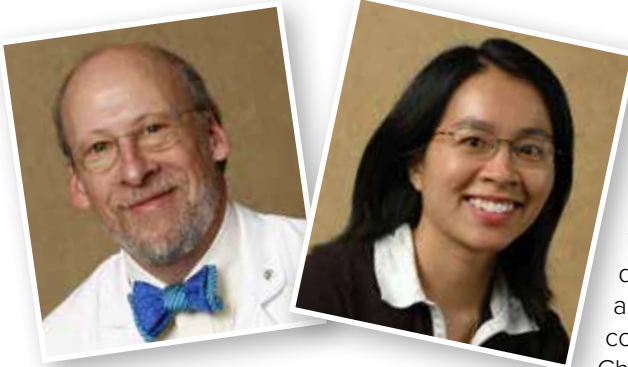
Dr. Frederick Davidorf with his patient, Dr. Joseph Cain, and Dr. Bradley Dougherty

Glaucoma—Are You At High Risk?

Developing New Tests to Determine Risk Level

Increased pressure inside of the eye is one of the risk factors for developing glaucoma, a potentially blinding condition. Doctors use a series of intraocular pressure (IOP) measurements taken in the office to track glaucoma progression. Unfortunately, the factors influencing fluctuations in IOP and disease progression are not well-characterized. Determining who is at higher risk can be difficult.

A new National Institute of Health funded study, with OSU researchers Dr. Paul Weber (left), Dr. Jun Liu (right), Dr. Richard Hart, and Dr. Xueliang Pan, is looking into how ocular biomechanics are involved in risk levels for glaucoma.



“Doctors need to be able to tell which patients they need to aggressively treat,” said Dr. Liu, “and which patients you can just monitor.”

Dr. Liu and Dr. Weber hypothesize that the mechanical properties of the eye affect the progression of disease. For example, a patient with large variations in IOP and a compliant eye will soften the fluctuations better than a patient with a stiff eye. Absorbing IOP spikes might reduce damage to the delicate optic nerve and slow glaucoma progression.

In addition, they are developing noninvasive procedures to measure

these biomedical properties of the eye using ultrasound-based techniques.

Ultrasounds are typically used for imaging the structures (qualitative) of the eye, but not the functional aspects (quantitative)—showing the geometry and the size, but not whether the piece of tissue is stiffer or more compliant. Instead of looking at the ultrasound images, Dr. Liu and Dr. Weber obtain the raw radial frequency data and utilize the software they are developing to analyze the data.

Utilizing engineering equations, measurements, and equipment, Ohio State researchers have already made significant progress measuring ocular biomedical properties. They have already published a number of papers on their findings. The next step will be to look at aging—how the properties of eyes change over time.

In addition, another project is being planned to utilize the quantitative ultrasound software and techniques for cornea conditions. Researchers met with Chairman Dr. Thomas Mauer to discuss the development of a method for predicting ectasia (cornea thinning) risk, for the Lasik patients. This is a real challenge, since it is commonly accepted that mechanical properties play a role, but currently, there is no way to measure them.

“I think it’s going to add important information to understanding which eyes are more susceptible to glaucoma damage,” said Dr. Weber, “and potentially come up with some novel new diagnostic tests and potential treatments for glaucoma and maybe cornea conditions too.”



New Research Studies You may be eligible!

Currently, we are seeking research participants with the following conditions:

Dry and Wet AMD - Age-related Macular Degeneration is caused by the breakdown of the central portion of the retina (the light-sensitive tissue in the back of the eye) called the macula. The macula is responsible for seeing fine details. There are two types of AMD: dry and wet (where abnormal blood vessels in the retina leak and cause swelling which results in blurred or distorted vision).

Diabetic Macular Edema - People with diabetes can develop new, abnormal blood vessels in the back of the eye (retina). These blood vessels are weak and prone to leak. This leaking causes swelling in the retina which can lead to vision loss and may cause blindness.

CRVO - When there is a blockage in the veins in the back of the eye (retina) these veins can start to leak causing swelling in the retina that can interfere with vision especially in the macula (center of the retina used to see fine detail).

Cornea Transplant - There are a number of reasons that a patient may need to have the clear front of the eye replaced including trauma, disease, and congenital abnormalities.

FOR MORE INFORMATION:
Call Andrea Inman or Jill Salerno at 614-293-5287 or email research@osumc.edu.



From the Letterbox

In May of 2012, I was diagnosed with glaucoma. Because I have close family members with the disease I have always had my eyes checked for it—so this was no real surprise for me. My mother lost her vision to the disease in her mid 50s and then lost an eye to a staph infection in her late 60s. You can imagine my acute awareness of this disease. Unfortunately, unlike the rest of my family who all have open angle glaucoma, I was diagnosed with narrow or closed angle glaucoma.

Prior to becoming a patient of Dr. Gloria Fleming, I was seeing a doctor closer to my home. While seeing him I was unaware that my glaucoma was narrow or closed angle glaucoma, only that I had glaucoma. He tried various eye drops to lower my eye pressure without any success. After my mother's urging (Always listen to Mom!), I looked for a glaucoma specialist and found Dr. Fleming. She explained my condition clearly and wasted no time trying a variety of therapies to lower and control my IOP.

Laser surgery was unsuccessful for me and I was allergic to the eye drops. So, the obvious remedy was the one I feared the most, a trabeculectomy (in both eyes). This is where your support staff shines! Everyone in your surgery was great and I felt completely at ease.

As I continue to heal from my most recent surgery, I feel the need to say thanks. Everyone, (and I do mean everyone) of the Havener staff has treated me with superior care and extreme kindness.

Dr. Fleming is truly engaged in her field and a just a great doctor. She genuinely cares about her patients and it shows. I'm sure that if you surveyed other patients you'd hear more of the same. As I get ready for cataract surgery in December, I just want to say thank you.

Jean
Logan, Ohio

It is my wish to sincerely thank the team at OSU for taking such great care of my father, John. His retinal surgery was at the end of January this year. His recovery was uncertain, painful, and debilitating to say the least. Thankfully, he has returned to his job as a truck driver for the company he has worked for over 20 years and has that part of his life back to normal.

What your team did not know while they were treating my father was that they were essentially giving more than just his vision back. He realized he could potentially lose his home if he didn't work, his farms he worked so hard to buy 15 years ago, and more. My father's humble nature prevented him from telling anyone on your team that he had just lost his wife of 26 years to cancer in October. Just a couple months after that, he endured rotator cuff surgery only to have his father pass away a couple weeks later. That is when he started noticing vision problems and was promptly referred to OSU for treatment of a torn retina.

As a daughter, I didn't know how much more I could see my father go through. Retina surgery recovery was not easy for him. Each week his pain level decreased, but he still was unsure of what quality of vision he would be left with. I accompanied him to a couple of his follow up appointments. Dr. Frederick Davidorf was encouraging of a positive outcome, but we knew it may not be good

enough to save my father's job as a driver. At another appointment, we asked about keeping him comfortable due to his sensitivity to light. It was then that Alicia gave my father two pairs of sunglasses to fit over his corrective lenses. He said that made such a difference in his comfort level. He has mentioned to me several times how grateful he was to have those glasses.

Finally, my dad had an appointment with Dr. Chantelle Mundy. She worked very diligently to make sure he had the best possible vision correction lenses. He told me that he was so impressed by how thorough she was with the exam. He never expected the appointment to be as involved as it was. He appreciated how she did everything she could to improve his vision. She took the time and made such a difference in the final stage of his optometric care.

I know that OSU has a reputation for quality. Your team of doctors and assistants exhibited nothing less than stellar patient care with my father. You gave him back his livelihood and the means to move forward after multiple setbacks. I can't say thank you enough to your entire team of talented doctors and staff for taking such great care of him.

Kelli
Bluffton, Ohio

Nutrition & Vision

What foods are best for your sight?

By Andrew Hendershot, MD

It's no secret that proper nutrition has a powerful impact on our health, but wading through all of the pros and cons of different foods is time-consuming. As a research site for the AREDS clinical trial, we know first-hand that omega-3 fatty acids, lutein, zinc, and vitamins C and E may help ward off age-related vision problems such as macular degeneration and cataracts. In addition, eating nutritiously and maintaining a proper weight makes you less likely to develop type-2 diabetes—a leading cause of blindness in adults. Here's a quick list of eye healthy superfoods to look for...

Carrots, Pumpkins, and Sweet Potatoes are an important source of beta-carotene which the body converts into vitamin A. Vitamin A helps the immune system by strengthening the lining of the eyes and other internal organs against disease.

Oily Fish, such as sardines, cod, mackerel, and tuna, are an excellent source of DHA (a type of omega 3)—which helps in the development of ocular and nerve tissues.

Spinach, kale and green leafy vegetables are rich in carotenoids, especially lutein and zeaxanthin. Lutein and zeaxanthin help filter sunlight—protecting the light-sensitive tissue in the back of the eye (retina) from sun damage.

Eggs, contain antioxidants like cysteine and sulfur—amino acids which are some of the building blocks of proteins and cell formation. In addition, egg yolks contain lutein, zeaxanthin, and lecithin (a fatty substance which helps move cholesterol through the blood).

Garlic, onions, shallots and capers are also rich in sulfur. These strong-flavored edibles are necessary for the production of glutathione, an important antioxidant, which fights free-radicals in the lens of the eye.

Soy is low in fat and rich in protein. Soy contains ALA (another type of omega-3 fats), vitamin E (a powerful antioxidant), and isoflavones (natural anti-inflammatory agents) that also fight cancer.

Blueberries, bilberries, and grapes contain anthocyanins (a type of flavonoid), which improves night vision. This antioxidant has been shown to improve dark adaptation within 30 minutes of consumption.

Red Wine, in moderation, has been shown to protect the lining of blood vessels in your heart and eyes. The key ingredient is polyphenols which reduce the “bad” cholesterol, boost the “good” cholesterol, and reduce blood clotting. This is all good news since proper blood flow to the retina is vital to vision.

Dark Chocolate has high concentrations of flavonols, which improves blood flow to the retina and the brain, for hours after consumption.

Fruits and vegetables are packed with important vitamins, including A, C, and E. Just remember to keep your plate colorful, yellow/orange (Squash, carrots, etc) for daytime vision, green (Spinach, arugula, etc) to protect from the sun, and blue (blueberries, acai, etc.) for night time vision.

Nuts and Seeds are the earth's most concentrated food sources. Walnuts and ground flaxseeds are especially rich in omega-3 fats. All nuts and seeds are rich in vitamin E, an antioxidant that may help protect your eyesight.





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