

Diabetic Vision Issues

Diabetes is a disease that affects the body's ability to produce or use insulin effectively to control blood sugar (glucose) levels. Too much glucose in the blood for a long time can cause damage in many parts of the body. Diabetes can damage the heart, kidneys and blood vessels. It damages small blood vessels in the eye as well.

Statistics from the American Academy of Ophthalmology report that approximately 29 million Americans 20 years of age and older have diabetes, but nearly one-third don't know they have the disease which puts them at a higher risk for vision loss and other health problems. Often symptoms go unnoticed and don't begin to affect a person's vision until the disease has progressed and is less easily treated.

Diabetic eye disease is a term for several eye problems that can all result from diabetes.

Diabetic eye disease includes:

Diabetic retinopathy

Diabetic retinopathy is when blood vessels in the retina swell, leak or close off completely. Abnormal new blood vessels can also grow on the surface of the retina.

People who have diabetes or poor blood sugar control are at risk for diabetic retinopathy. Risk also increases the longer someone has diabetes.

Diabetic macular edema

Macular edema happens when fluid builds up on the retina and causes swelling and blurry vision. Diabetes can cause macular edema.

Diabetic macular edema can lead to permanent vision loss.

Diabetes and cataracts

Excess blood sugar from diabetes can cause cataracts. You may need cataract surgery to remove lenses that are clouded by the effects of diabetes. Maintaining good control of your blood sugar helps prevent permanent clouding of the lens and surgery.



Diabetes and glaucoma

Glaucoma is a group of diseases that cause damage to your eye's optic nerve. This damage leads to irreversible vision loss. Having diabetes doubles your chance of getting glaucoma.

Diabetic eye disease can be progressive. You may not notice changes in your vision as they happen slowly over time. However, some early warning signs include: blurry or fluctuating vision, double vision, wavy or distorted vision, missing blank spots, floaters, or pain and pressure in the eyes.

According to the Centers for Disease Control and Prevention (CDC), about 90% of vision loss from diabetes can be prevented. Early detection is key. People with diabetes should get critical, annual eye exams even before they have signs of vision loss. Studies show that 60% of diabetics are not getting the exams their doctors recommend.

Scheduling an annual comprehensive eye exam is an excellent first line of defense against diabetic eye disease but you should contact your eye doctor sooner if you notice any visual changes.

Call 215.276.6111 to schedule an appointment at The Eye Institute.

IN THIS ISSUE:

Diabetic Vision Issues

13th Annual Looking Out for Kids

Blindness and Low Vision

PEI's 15th Anniversary

PEI Hearing Aid Loaner Program for Kids

Annual Looking Out for Kids Charity Event a Huge Success

Smiles were everywhere as the 13th annual Looking Out for Kids (LOFK) charity fundraiser once again proved to be a success. Hundreds attended the event which was held on Saturday, November 2, at the Hilton City Avenue Hotel in Philadelphia where guests enjoyed a night of wine, dining and dancing all for a good cause.

Dr. Susan Oleszewski, founder of the Looking Out for Kids charity, which serves economically disadvantaged kids who need vision and hearing services in Philadelphia and its surrounding counties, introduced this year's Lighthouse Award recipient, Alan Lindy. Those nominated for the Lighthouse Award are beacons of light and sources of strength for the communities in which they live, work and serve above and beyond their occupations.

Upon accepting the award, Lindy, who serves as president of Lindy Communities, a fourth-generation, family-owned Philadelphia property-management company, said he's been a big fan of Salus University's commitment to disadvantaged children and its Looking Out for Kids initiative.

Emmy Award-winning anchor and reporter, Rosemary Connors, from NBC10 News in Philadelphia, once again hosted, her fifth time as emcee of the event. Among the special guests Connors brought to the podium during the evening were three children – and what would the Looking Out for Kids event be without the children it serves – to share how Salus University's initiatives and clinical facilities have helped them.



From Left to Right:
Hailey Tran, Rosemary Connors,
Keyerah McCoy & Arden Keitel.

Five-year old Hailey Tran, along with older children Arden Keitel, 10, and Keyerah McCoy, 11, were a little shy in front of the microphone, but were able to share with the crowd of nearly 300 at the Hilton Philadelphia City Avenue, how The Eye Institute and in particular Dr. Lindsay Bondurant, director of the Pennsylvania Ear Institute (PEI), and LOFK had helped them.

"They came to my school and they were being nice and they helped me find the perfect glasses," said McCoy. "It was very hard because I couldn't see the board, so I always had to sit in the front and couldn't sit with my friends. When I got my new glasses, I got to sit where I wanted. I feel like I'm learning a whole lot of things because I can see much better. I'm reading more, I'm enjoying math more and I'm busy doing everything."

"Dr. Bondurant, she helps me. She alters my hearing aid and she answers my questions," said Keitel. "For my hearing aid mold, she made it a tiny bit smaller so that it fit better, and I really like that."

The Looking Out for Kids charity fundraiser provides funding for vision screenings, comprehensive eye exams and eyeglasses, if needed, for each child and associated transportation costs for multiple school districts in the Philadelphia region

and beyond. The program has also broadened its support for audiology services.

In 2018-2019, vision screenings were provided to 4,289 children; 1,130 pairs of glasses were dispensed to schoolchildren, hearing screenings were provided to more than 2,700 children and two pairs of hearing aids were added to the loaner bank, which are provided to children while they wait to receive their own device. Total funds raised came from auction sales, program advertisements, monetary donations and the generous support of corporate sponsors.



Dr. Sue Oleszewski & Lighthouse
Award Recipient, Alan Lindy.

Blindness & Low Vision

According to the World Health Organization, there are 285 million people who are visually impaired worldwide, 39 million of whom are completely blind. Blindness is often presented as a completely incapacitating disability of total vision loss. In reality, many people suffering from vision loss live fulfilling, joyful lives and suffer degrees of vision loss, not total blindness.

Did you know:

- Cataracts are the leading cause of blindness worldwide?
- Blindness or low vision affects 3.3 million Americans age 40 and over? This figure is projected to reach 5.5 million by the year 2020.
- Diabetics are 25 times more likely to develop blindness or visual impairment than non-diabetics?
- Most visually impaired people start losing their eyesight at 50-years-old with a gradual deterioration as people continue to age?
- Eighty percent of all visual impairment is preventable so it pays to have annual eye exams?

Visual impairment ranges from low to severe in impact. It is primarily an age-related condition that is not corrected by prescription glasses or medicine, contacts or surgery. If someone is legally blind, there may still be some limited vision in one of their eyes. If they are totally blind, they probably use braille, listen to audio communications for media and daily instructional information, or may need the services of a seeing-eye dog.

Sixty-five million people are afflicted by cataracts and in the U.S. alone, more than ten million people suffer from retinal diseases that deteriorates peripheral and night vision. One of the major causes of blindness is uncorrected refractive errors causing blurred vision, leaving people unable to clearly see images on the retina.



The Eye Institute (TEI) offers a variety of comprehensive eye care services to help patients maintain their visual health including eye exams, prescription glasses and contact lens fittings, low vision services, protective eyewear solutions, and vision therapy.

The William Feinbloom Vision Rehabilitation Center, located at The Eye Institute's Oak Lane facility, provides low vision and rehabilitative services to patients with vision impairments in order to maximize their remaining eyesight. Services provided at the Feinbloom Center include comprehensive low vision evaluations for adults and children, prescription and dispensing of low vision devices and adaptive equipment, rehabilitative training in the use of remaining vision, adaptive technology evaluations, and referrals to agencies that offer assistance in obtaining adaptive equipment and rehabilitative services.

To schedule an appointment at The Eye Institute or with a low vision specialist call 215.276.6111 or visit SalusUhealth.com/TEI



At Salus University's health facilities – The Eye Institute, Pennsylvania Ear Institute and Speech-Language Institute - compassionate doctors, clinicians and support staff have dedicated their lives to improving the health and well-being of our community. They provide highly specialized vision, hearing and balance, and speech-language pathology services all in an effort to improve the quality of life for patients and clients.

If you have a caregiver who has made a meaningful impact on your life, please consider sending them a note of gratitude and making a charitable gift to the clinic in his or her honor. Although the amount of your contribution remains confidential, your Healthcare Hero will be notified of your honorary gift and he or she will be given special recognition.

Your gift not only demonstrates a deep gratitude for the care you received, but it will play a critical role in enhancing access to care, advancing innovation and improving the patient and client experience in our community.

SalusUhealth.com/give



The Eye Institute

The Eye Institute (Oak Lane)
1200 West Godfrey Avenue
Philadelphia, PA 19141
Appointments: 215.276.6111

The Eye Institute (East Falls)
One Falls Center
3300 Henry Avenue, Suite 104
Philadelphia, PA 19129
Appointments: 215.276.6111

The Eye Institute (Chestnut Hill)
Chestnut Hill Plaza
7630 Germantown Avenue
Philadelphia, PA 19118
Appointments: 215.276.6111

The Eye Institute (Norristown)
1401 DeKalb Street
Norristown, PA 19401
Appointments: 610.278.7787

SalusUhealth.com/TEI

The Eye Institute is the clinical optometric practice of Salus University.



Pennsylvania Ear Institute Opens office at Oak Lane

The Pennsylvania Ear Institute (PEI) has opened a satellite location at:

**1200 West Godfrey Avenue
Oak Street Health Entrance**

Office Hours:

Tuesdays, 9:00 a.m. to 4:00 p.m.

- Hearing Screenings
- Comprehensive Hearing Evaluation
- Hearing Aids / Fitting & Repair Services
- Tinnitus Management
- Hearing Protection
- Cerumen Management

**SalusUhealth.com/PEI
215.780.3180**

