

SALUS UNIVERSITY | Health

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EYESIGHT

Living with Low Vision

Low vision is vision loss that can't be corrected with eyeglasses, contacts, medicine or surgery. It is a vision problem that makes it hard to do everyday activities. Low vision can include blind spots, poor night vision and blurry sight.

You may have low vision if you can't see well enough to do things like:

- Read
- Drive
- Recognize people's faces
- Watch television
- Use a computer or tablet

Many different eye conditions can cause low vision, but the most common causes are:

- Age-related macular degeneration (AMD)
- Cataracts
- Diabetic retinopathy (a condition that can cause vision loss in people with diabetes)
- Glaucoma

If you have experienced vision loss, there are many services and devices that can help you continue to live independently in your home and community after vision problems. Vision rehabilitation can help those with vision loss maximize their remaining vision and maintain their independence and quality of life through services such as those provided at the William Feinbloom Vision Rehabilitation Center, at The Eye Institute (TEI) in the Oak Lane section of Philadelphia.

Feinbloom's interdisciplinary team develops low vision strategies that help patients with visual impairment to achieve goals such as reading, identifying street signs and bus numbers, watching television, managing household and job-related tasks, and keeping up with school work.

The Feinbloom Center provides various services to assist patients with visual impairments including:

- 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
- Referrals to agencies that offer assistance in obtaining adaptive equipment and rehabilitative services



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Put the Q-Tip Down

If you or someone you know lives with low vision and is in need of vision rehabilitation services, please contact TEI at 215.276.6111 to make an appointment.

The Eye Institute Partners with Women's Prison to Provide Eyeglasses to Underserved Youth



Salus University and The Eye Institute (TEI), have entered into a new partnership with the State Correctional Institution (SCI) at Cambridge Springs, located in Crawford County, Pennsylvania. The DOC's Pennsylvania Correctional Industries Optical Lab at SCI Cambridge Springs will custom make eyeglasses for children served by the Looking Out for Kids (LOFK) School Vision Program.

The women who are incarcerated at SCI Cambridge Springs will make approximately 200 pairs of glasses this year for TEI's LOFK School Vision Program. A dual-purpose program, the glasses will benefit economically disadvantaged children throughout the Norristown, Upper Darby and Philadelphia, Pennsylvania, School Districts as well as the incarcerated women who are working toward becoming certified opticians through the prison's reentry program.

The pilot program, was marked by a launch event Thursday, April 7 at Marshall Street Elementary School in Norristown, Pennsylvania and was attended by Dr. Mittelman, several officials of SCI, Rep. Tim Briggs of the 149th District, and Dr. Brandy Scombordi, pediatric optometrist at TEI and coordinator of the School Vision Programs.

Kim Falco, RN, Marshall Street school nurse noted the significant impact the LOFK program has had on the school's students. "I have kindergarten students, so I identify them in September or October as needing glasses. And, I feel like I changed the whole trajectory of their educational career by having glasses when they start. In the years past we would realize in third and fourth grade that students in the lower academic classes were often the ones that were failing their vision tests. So now we're starting much earlier, which, for us, is making all the difference in the world," said Falco.

Dr. Brandy Scombordi hopes the project continues to grow with the goal of extending the program's vision resources to an entire school district and nonprofit organizations throughout the community.

"The women in the prison, many of whom are currently separated from their own children, were extremely excited when we explained the program and told them the glasses will help underserved children," she said. "They were thankful for the extra work and thrilled to learn the glasses they're making will benefit children who are facing hardships they too may have faced prior to being incarcerated."

Workplace Eye Health & Safety

According to the Centers for Disease Control and Prevention (CDC), approximately 2,000 U.S. workers each day sustain a job-related eye injury that requires medical treatment. Some common causes of workplace eye injuries are flying debris such as metal pieces or glass, tools, chemicals, harmful radiation and eye strain due to digital devices.

The Occupational Safety and Health Administration (OSHA) requires employers to ensure the safety of all employees in the work environment. Eye and face protection must be provided whenever necessary to protect against chemical, environmental, radiological or mechanical irritants and hazards.

Safety eyewear protection includes:

- Non-prescription and prescription safety glasses
- Goggles
- Face shields
- Welding helmets
- Full-face respirators

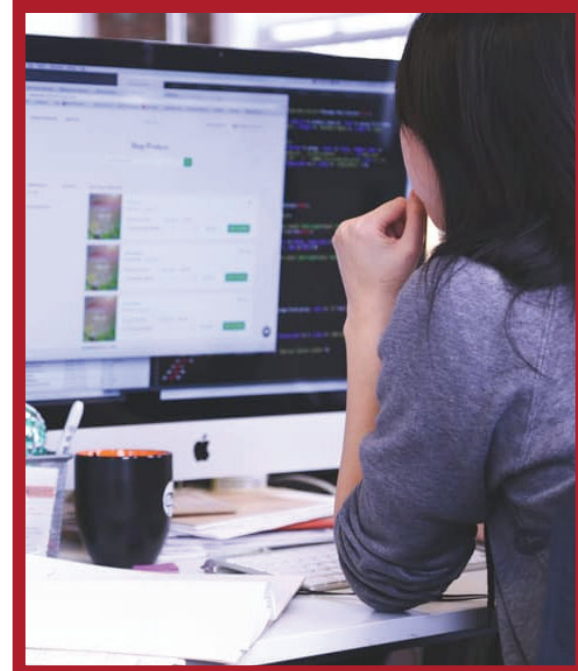
In an office setting, excessive computer, tablet, and smart phone use throughout the day increases the risk of digital eye strain, also referred to as computer vision syndrome (CVS). As the number of individuals working from home continues to rise so does the amount of time working remotely at a computer screen. Symptoms include tired, burning or itching eyes, dry eyes, blurred or double vision and headache.

Tips for minimizing problems associated with CVS:

- **Use the 20-20-20 Rule:** Look away from the screen every 20 minutes and stare at something about 20 feet away for 20 seconds.
- **Change your Screen Settings:** Change the brightness and contrast on your smartphone or computer screen to a more comfortable level. There are also blue light filter settings available to adjust the "color temperature" of the display screen to a warmer

color which reduces the amount of blue light exposure.

- **Adjust your Seating:** When using a computer be sure to adjust your chair to a comfortable height. The screen should be positioned at a downward 10 to 20-degree angle and located at an approximate viewing distance of 24 inches.
- **Blink Often:** Minimize your chances of developing dry eyes when using a computer by blinking frequently.



The Eye Institute (TEI) offers a variety of services to treat patients experiencing symptoms of Computer Vision Syndrome including comprehensive eye exams, specialty eyewear solutions and vision therapy. To schedule an appointment at TEI, call 215.276.6111.



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The Eye Institute

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



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Pennsylvania Ear Institute

Pennsylvania Ear Institute
8380 Old York Road, Suite 120
Elkins Park, PA 19027
Appointments: 215.780.3180

1200 W. Godfrey Avenue
(Oak Street Health Entrance)
Philadelphia, PA 19141

SalusUhealth.com/PEI

At Salus University's health facilities, The Eye Institute, Pennsylvania Ear Institute, Speech-Language Institute, and Occupational Therapy Institute compassionate doctors, clinicians, and support staff have dedicated their lives to improving the health and well-being of our community.

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.



Honor your Healthcare Hero

Your gift not only demonstrates 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.



To donate, visit SalusUhealth.com/give