



DISCOVERY

THE DISCOVERY EYE FOUNDATION

Fall 2011

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](#) - An Eye on Crosslinking
- [DEF News](#) - Meet Our New Board Member
- [Take Our Survey](#) - Pass the Watermelon
- [Lifestyle](#) - Good Grains for Good Sight
- [Estate Planning](#) - Giving for Tomorrow
- [Macular Degeneration](#)
- [National Keratoconus Foundation](#)
- [Upcoming Events](#)

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

RESEARCH UPDATE



An Eye on Crosslinking

Advances in monitoring corneal crosslinking (CXL) may lead to the prevention of keratoconus (KC) in susceptible patients. DEF-funded researcher James Jester (pictured left), Jack H. Skirball Endowed Research Chair and professor in the Department of Ophthalmology and Gavin Herbert Eye Institute at UC Irvine (UCI), is working on ways to improve the effectiveness and monitoring of CXL, which shows tremendous promise in treating KC.

Crosslinking came to the fore in 2003, when a group in Dresden, Germany, published preliminary studies demonstrating that a CXL technique could increase the stiffness or rigidity of corneas and suggested this method might be helpful in treating thinning corneas and KC. CXL involves treating the thin cornea with riboflavin and ultraviolet light, which increases the crosslinking of the corneal collagens and makes the cornea more resistant to enzyme degradation. [Read more](#).

DEF NEWS



Ryan Fisher Joins DEF Board

At age 9, Ryan Fisher asked his aunt and uncle if he could join the family's philanthropic foundation. "I understood the importance of the work they supported and wanted to be a part of it," he recalls. Fisher became a board member of the Iris and B. Gerald Cantor Foundation 23 years later.

A native New Yorker, Fisher enjoyed success as an actor, producer and businessperson in California. He co-founded a public-relations company, Rousso Fisher Public Relations Inc. — "out of a bedroom in my home, with a three-legged desk and a phone" — landing Levi's as his first major client. He moved on to housing projects, then, most recently, to rebuilding companies that had been hurt by the recession. [Read more.](#)

Employee Giving: Designate DEF

The Discovery Eye Foundation is now part of the Local Independent Charities of America, a nonprofit federated fundraising organization that helps raise gifts on behalf of its member agencies in employee fundraising drives. Starting this fall, DEF will be an option for employees who wish to authorize monthly payroll deductions or year-end giving through their employers, including local, state and federal employees with the Combined Federal Campaigns.

Orange County Vision Symposium

DEF's Fourth Annual Vision Symposium will take place in Orange County on Feb. 4, 2012, at the Hilton Irvine.

Clinicians and researchers from UC Irvine, UCLA and private practice will discuss research about and potential treatments and cures for sight-threatening eye diseases, with special sessions on genetics and stem-cell therapies. The half-day symposium will include break-out sessions on age-related macular degeneration and keratoconus.

Keep checking our [website](#) for more information and updates as they become available.

TAKE OUR SURVEY

Pass the Watermelon

Our Quick Poll for fall is all about BOOKS, just in time for that back-to-school feeling. Please visit the [DEF Facebook wall](#) to participate.

Our most recent Quick Poll asked about summer, which flew by way too quickly! We are very proud you are so patriotic and like such healthy foods.

Here are your responses to our summer survey:

Your favorite summer activity:

- 42% Traveling
- 23% Barbecuing/Picnics
- 15% Hiking
- 14% Swimming
- 4% Biking

Your favorite summer food:

- 25% Watermelon
- 24% Salads
- 20% Ice cream/frozen yogurt/gelato
- 16% Corn on the cob
- 14% Hot dogs and hamburgers

Your favorite summer holiday:

- 69% 4th of July
- 17% Summer Solstice
- 9% Father's Day
- 3% Flag Day

ESTATE PLANNING

While you consider including The Discovery Eye Foundation in your estate planning, here are some helpful resources:

If You Haven't Met This Person, You Should

What will a qualified estate planning attorney do for you? For starters, you'll be able to rest easy knowing the people and causes you care about will receive what you intended for them to receive. In three steps, you can find an attorney who will help you achieve your goals. [Read more.](#)

Assets With Substantial Gift Appeal

An estate plan can do more than just support your loved ones after your passing. It is also your opportunity to make a meaningful, lasting difference in your community. Consider three assets (that most everyone has) to make a charitable impact. [Read more.](#)

Q&A: Ensuring Your Future and Ours

If you are looking for a way to support The Discovery Eye Foundation but are worried about giving up assets for retirement, consider creating a charitable remainder trust. This gift option can actually help you supplement your retirement income while planning a future gift to DEF. [Read more.](#)

LIFESTYLE

A Bit Grainy

Good grains for good sight

Humans cannot live by leafy greens alone. Grains are good. Repeat: Grains are good. Whole grains, specifically, are so beneficial to human health, that they have their very own council, dedicated to helping “consumers find whole grain foods and understand their health benefits.”

[The Whole Grains Council](#) has a “Whole Grain of the Month,” and October’s star is corn — once you get past the mental picture of a centerfold kernel in a revealing bikini, read on. The most-produced grain in the world, corn is high in carotenoids, particularly lutein and zeaxanthin, which are particularly beneficial for good eyesight.



Keen on quinoa

Pronounced “keen-wah” and incredibly popular with foodie types the world over, quinoa is somewhat of a super-food. It has more protein than any other grain and contains all eight essential amino acids. And it tastes pretty good, too. It’s a perfect substitute for rice in our recipe for [Asian Stir-Fry with Quinoa, Vegetables and Chicken on Eye Cook](#).

MACULAR DEGENERATION PARTNERSHIP



Man Of Many Faces

Tony Mauro is a complicated man. He is a chemist, an engineer, a researcher, a writer, an advocate for the homeless, a father (of eight), a grandfather (of 12), a great grandfather (of two), a New Yorker, a scientist, an inventor, a Gemini, a Southern Californian, a successful serial entrepreneur, a painter.

Of all his vocations and avocations, he felt the diagnosis of age-related macular degeneration (AMD) affected him most strongly as a painter. First diagnosed at age 70, Mauro says, “The eye thing really shook me up because of my painting. But I decided to use that.” [Read more](#).

Information on Rx

“The best prescription is information,” former Surgeon General C. Everett Koop said. MDP is taking this to heart. Beginning this month, the AMD Information Rx Program returns with a new design and distribution plan.

Through the program, we ask eye doctors, “What happens after your AMD patient leaves your office?” For 85%–90% of people with dry AMD, there is no medical treatment. So, when these people leave the doctor’s office, what happens to them? AMD can help, with resources, information and support to get them through the challenges of AMD.

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We have printed prescription pads for doctors to use to direct patients to www.amd.org and our toll-free warm line. The Rx pads will be distributed nationally at medical conferences and through a mailing program.

AARP Annual Event and Expo

MDP exhibits at every national AARP convention, but this year's is special: [AARP's 2012 Life @50+](#) is in Los Angeles! MDP will be in the Vision Pavilion at the Los Angeles Convention Center, Sept. 22–24, 2012. We'll be joined by the Braille Institute and Center for the Partially Sighted.

Visitors will find information, free screenings, experts to answer questions and even an art exhibit. Artist Tony Mauro (see above) will be on hand to discuss his self-portraits.

We'll be joined by the Braille Institute, Center for the Partially Sighted, American Optometric Association and Optelec.

If you are in Los Angeles in September, join us at the AARP meeting. Local residents get FREE admission Saturday, Sept. 24.

Support in Santa Monica

MDP will be hosting support groups in Santa Monica at the Ken Edwards Center, from 10 am–noon, on the following days: Oct. 11, Nov. 8 and Dec. 13. Contact Judith Delgado to RSVP and for more information at 310-623-4466 or jdelgado@discoveryeye.org.

NATIONAL KERATOCONUS FOUNDATION



The Cross-Linked Rapper

Rishi Parmar has packed a lot of living into 26 years, not all of it positive. The New Jersey native began to suffer from mood swings at age 14. He lost his father two years later during the attacks of Sept. 11, 2001. And he started binge drinking in college. It was also as a student at Fairleigh Dickinson University that he began to have problems seeing the blackboard during class. He was soon diagnosed with keratoconus (KC).

An innately positive person, Parmar has overcome his struggles partly by channeling his painful experiences into music. He independently released his first rap album as Rishi P, [Take a Look Inside](#), earlier this year. From the time he was a child taking piano lessons and learning guitar from his father, he'd always enjoyed music, but he developed a propensity for "freestyle" rapping in college. "I was able to keep a decent flow and rhyme words," he says. "My music is self-therapy. Putting all my experiences into my songs was very therapeutic; it was a way of letting go and getting things off my chest." [Read more.](#)

NKCF Receives Bequest

The National Keratoconus Foundation received a generous bequest, just in the nick of time. Previous budget cuts meant some NKCF programs had to be put on hold, and participation at ophthalmology and optometry conferences was severely limited.

“These conferences provide the up-to-date information about lenses, care solutions, surgical options and research that are the basis of our monthly E-Updates and newsletters,” NKCF Director Catherine Warren said. “They are a means of meeting with the specialty eyecare providers to raise the awareness of NKCF, so they, in turn, can tell their patients about the programs we offer for the KC community.” They also help generate corporate sponsorships and other sources of income. Thanks to this bequest, which will be used during the next 3–5 years, NKCF will again be a presence in the field and get much-needed support.

Shop and Give

You can raise money for NKCF every time you shop online through [iGive](#). With more than 920 participating retailers, iGive lets you help NKCF just by shopping. Everybody wins! It’s free, safe and easy. And if you make a purchase through iGive within 45 days of joining, they’ll donate an extra \$5 to NKCF. Be sure to type “National Keratoconus Foundation” in the “Select Your Cause” area.

Coming Soon

- The updated NKCF Corneal Transplant booklet will be available very soon. Please check our [website](#) for more information and to order your booklet.
- We will hold several patient-education seminars in the coming months, including one in Chicago on Nov. 13 and one in Teaneck, NJ, on Dec. 3. Another is planned for early 2012 in Dallas. These seminars are made possible by a grant from SynergEyes, Inc. Please check the [website](#) and our e-updates ([sign up for e-updates](#)) for more dates and details.

GIVE THE GIFT OF SIGHT



Support The Discovery Eye Foundation

Your support helps fund groundbreaking research for eye disease and our two outreach and education programs, the Macular Degeneration Partnership and the National Keratoconus Foundation.

MARK YOUR CALENDAR

Sept. 22–24, 2011

AARP Expo in LA

Visit MDP at the Vision Pavilion at this year's Life@50+ right here in Los Angeles.

[More information.](#)

Oct. 18, 2011

AMD Support Group, Santa Monica

MDP Director Judi Delgado hosts a monthly support group for those with age-related macular degeneration at the Ken Edwards Center in Santa Monica, 10 am–noon. For more information or to RSVP, please contact Judith Delgado, 310-623-4466 or jdelgado@discoveryeye.org.

Nov. 8, 2011

AMD Support Group, Santa Monica

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Nov. 13, 2011

NKCF Patient-Education Seminar, Illinois

The NKCF will host a keratoconus patient-education seminar in Chicago, sponsored by SynergEyes, Inc. Watch the NKCF [website](#) for more information.

Dec. 3, 2011

NKCF Patient-Education Seminar, New Jersey

The National Keratoconus Foundation, in conjunction with the Cornea and Laser Eye Institute, will host a keratoconus patient-education seminar in Teaneck, NJ, sponsored by SynergEyes, Inc. Watch the NKCF [website](#) for more information or e-mail info@nkcf.org.

Dec. 13, 2011

AMD Support Group, Santa Monica

MDP Director Judi Delgado hosts a monthly support group for those with age-related macular degeneration at the Ken Edwards Center in Santa Monica, 10 am–noon. For more information or to RSVP, please contact Judith Delgado at 310-623-4466 or jdelgado@discoveryeye.org.

Feb. 4, 2011

Orange County Vision Symposium

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