



DISCOVERY

THE DISCOVERY EYE FOUNDATION



Spring 2012

**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.**

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

TRANSLATIONAL RESEARCH

The Discovery Eye Foundation primarily exists to support research related to sight-threatening eye diseases and their treatments. As we mentioned in the spring e-newsletter, each of our newsletters this year will focus on one of four stages, or types, of research:

1. Discovery Research
2. Translational Research
3. Clinical Research
4. Regulatory Application and Approval

This issue focuses on stage 2: translational research. This stage is the key bridge between lab discovery and clinical testing. According to the Center for Accelerating Medical Solutions, "Translational research involves the process of applying discoveries generated during research in the laboratory and in animal studies to the development of trials and studies in humans."

Since government agencies and educational institutions often focus on discovery-stage research, and corporations and private funders come in at later stages, translational research can be very difficult to fund. Without this stage, however, the research process cannot progress to clinical trials. DEF is proud to fund numerous translational-stage research projects. The development of the femtosecond laser, which is discussed below, is a prime example of translational research.

Shining a Light on Lasers

Translational funding leads to surgical breakthroughs

The femtosecond laser revolutionized eye surgery. All-laser LASIK, also known as Intra-LASIK, uses the femtosecond laser instead of a mechanical blade to make very precise cuts in the cornea, reducing complications and improving outcomes of the surgery. Additionally, it is safer to use for doctors than previous mechanical technology.

Dr. Roger Steinert, chair of the Department of Ophthalmology at The Gavin Herbert Eye Institute at UC Irvine, developed an application to use the femtosecond laser for corneal transplants. Using the laser, a surgeon can make extremely precise cuts to match the donor cornea with the patient cornea, promoting faster healing and better refractive outcomes than with manual cutting. It has been a breakthrough in corneal-transplant surgery.

Had it not been for translational-stage research funding, however, these sight-saving improvements may never have happened. [Read more.](#)

DONOR PROFILE



Inside Fears

A movie turns casting director Jane Krask to DEF

The movie was called *Inside Moves*. Since the film centered around a group of disabled people who regularly gathered in a neighborhood bar, the director wanted to cast actors with real disabilities. It fell to Jane Krask to find them.

A renowned Hollywood casting director who worked on a rather impressive list of movies during her 20-year career — including *ET*, *The Godfather 2*, *One Flew Over the Cuckoo's Nest* and *Chinatown*, to name a few — Krask recalls casting *Inside Moves* as a very profound experience.

"It was heartbreaking. We met people with every conceivable disability: people without limbs, people who had no hands, no arms, no legs. But those who affected me most were the blind people," Krask says. "You start to think about the 'what if's': what if I lost limbs, what if I lost my ability to move ... I realized the one thing I was most frightened of — the one thing I didn't think I could cope with — was losing my sight." [Read more.](#)

LIFESTYLE



The Color Purple

Eating a full rainbow of foods helps give your body the nutrients it needs. These nutrients are the disease-fighting components that give fruits and vegetables their array of colors. Eating a variety of colors can help

- strengthen your immune system
- lower risk for certain cancers
- help ward off type 2 diabetes
- maintain heart health
- improve memory
- reduce the risk for some eye diseases

In each issue of our newsletter, we are exploring a different color of food. This newsletter is sponsored by the color purple.

Anthocyanins and, in some cases, resveratrol are health-promoting chemicals found in purple foods. They help protect cells and heal your body. Research suggests they play active roles in promoting eye and heart health, preventing premature aging, decreasing cancer-cell growth and improving memory.

Naturally purple foods include eggplant, beets, purple cabbage, plums, figs, raisins, prunes, blueberries, blackberries, currents, black cherries, bilberries, acai berries, goji berries, black raspberries and pomegranates. Some more unusual items are purple carrots, Okinawan sweet potatoes, black rice, purple heirloom tomatoes and purple cauliflower.

There are a number of recipes containing prime purples on the Eye Cook section of our website. Why not try [Plum Blackberry Almond Crumble](#) for dessert? Yum!

VISION LEGACY

Spring Planning

Build Your Advisory Dream Team

When planning who gets what from your estate, it's important to be certain you are making wise decisions. Find qualified professionals who can help you take appropriate steps to achieve your goals. [Read more](#)

Erroneous Promises Threaten to Foil Estate Plan

Hartford Bealer had built up a sizable estate. While he intended for future generations to benefit, his legacy was nearly lost. But luck — and the right expertise — was on his side. Without the help of an estate-planning attorney, you may be risking your loved ones' futures. [Read more.](#)

Make a Change for Good

Change isn't always hard. See how the simple act of changing your beneficiaries can make a profound difference to The Discovery Eye Foundation. [Read more.](#)

There is no Tax "Season"

Tax season never ends. That's why it's important to plan year-round, so when April gets here, you don't feel panicked. [Read more.](#)

HOW TO GIVE



Helping One Month at a Time

Monthly giving is a quick and painless way to make a donation to The Discovery Eye Foundation.

Whether online, designated as a recurring donation or set up over the phone with one of our staff, a monthly donation lets you set the amount you want to give each month and determine how long you want to participate. You can even designate a specific program, research project or general donation. At the end of the year, DEF will send you a letter for tax purposes stating your total donations for the year. If you start today with just \$25 a month, you could donate a total of \$225 by the end of 2012.

Go [online](#) or call 310-623-4466 today to start your monthly gift.

Orange County Vision Symposium a Success

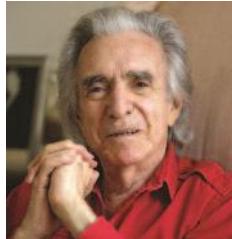
Audio presentations now available online

DEF returned to Orange County this past February for the 4th Annual Vision Symposium, which was sponsored by Genentech, UCI Gavin Herbert Eye Institute and Regeneron. Attendees came from throughout Southern California, and from as far away as Colorado and Maryland.

Symposium highlights included the panel discussion, called "Progress of Innovation," and presentations on genetics and stem cells. Attendees heard about the new Gavin Herbert Eye Institute, then broke into smaller groups to learn more about keratoconus or age-related macular degeneration.

Recordings of the following symposium presentations are available on the [Resources](#) section of our website:

- "Corneal Crosslinking 2012"
- "FDA Trials of Corneal Crosslinking"
- "New Keratoconus Research 2012"
- "Surgical Options for Keratoconus"
- "Living Well with Low Vision 2012"
- "AMD Risk Factors"
- "Evolving Treatments for AMD"



Discovery at the Movies

Join us for a very special screening and a discussion with Arthur Hiller

Academy Award-nominated Director Arthur Hiller will be honored at a benefit screening of his movie, *The Americanization of Emily*, starring Julie Andrews and James Garner.

Please join us for this fun and unique event on Sunday afternoon, April 22, at The Linwood Dunn Theater at Pickford Center for Motion Picture Study.

Hiller was diagnosed with age-related macular degeneration (AMD) in 2006. Following the reception and screening, he will answer questions about his career and AMD.

THANK YOU!

On March 1, we asked for 10 people to go to GreatNonprofits.org and write a review about The Discovery Eye Foundation by March 31. The goal was to maintain our "Top-Rated Nonprofit" status and be eligible for a \$500 prize. Thanks to some very special people, we have exceeded not only the requirement for the contest with 33 reviews, but we have learned what is important to you, helping us to better meet your needs. As for the \$500? The winner will be announced at the end of the week, but thanks to you we already feel like a winner!

UPCOMING EVENTS

April 22, 2012

Discovery at the Movies

A benefit screening of *The Americanization of Emily*, honoring Director Arthur Hiller at The Linwood Dunn Theater at Pickford Center for Motion Picture Study in Hollywood.

April 25, 2012

AMD Support Group, Beverly Hills

MDP Director Judi Delgado hosts a monthly support group for those with age-related macular degeneration. Roxbury Park Community Center, 1-2:30 pm. For more information or to RSVP, please call 310-623-4466 or e-mail contactus@amd.org.

May 5, 2012

NKCF Patient-Education Seminar, Florida

NKCF will host a free keratoconus patient-education seminar in Ft. Lauderdale, FL at Nova Southeastern University from 9am-1pm sponsored by SynergEyes, Inc. Go to the [NKCF website](#) or info@nkcf.org for more information and to register.

May 8, 2012

AMD Support Group, Santa Monica

MDP Director Judi Delgado hosts a monthly support group for those with age-related macular degeneration. Ken Edwards Center, 10 am–noon. For more information or to RSVP, please call 310-623-4466 or e-mail contactus@amd.org.

May 22, 2012

AMD Support Group, Beverly Hills

MDP Director Judi Delgado hosts a monthly support group for those with age-related macular degeneration. Roxbury Park Community Center, 1–2:30 pm. For more information or to RSVP, please call 310-623-4466 or e-mail contactus@amd.org.

Boomers and Beyond Health Fair, Santa Monica

This informational expo, co-sponsored by the city of Santa Monica Commission for the Senior Community, features resource tables for seniors. 9 am–1 pm

Santa Monica Civic Auditorium, 1855 Main St. [More information](#).

June 12, 2012

AMD Support Group, Santa Monica

MDP Director Judi Delgado hosts a monthly support group for those with age-related macular degeneration. Ken Edwards Center, 10 am–noon. For more information or to RSVP, please call 310-623-4466 or e-mail contactus@amd.org.

June 27, 2012

AMD Support Group, Beverly Hills

MDP Director Judi Delgado hosts a monthly support group for those with age-related macular degeneration. Roxbury Park Community Center, 1–2:30 pm. For more information or to RSVP, please call 310-623-4466 or e-mail contactus@amd.org.

Sept. 20–22, 2012

AARP Life@50+ National Event & Expo

Meet us in New Orleans this year! [More information](#).

Sept. 28, 2012

DEF Research-Lab Tour, UC Irvine

Free guided tour of our new laboratories. [More information](#).