



# DISCOVERY

THE DISCOVERY EYE FOUNDATION

WINTER 2013

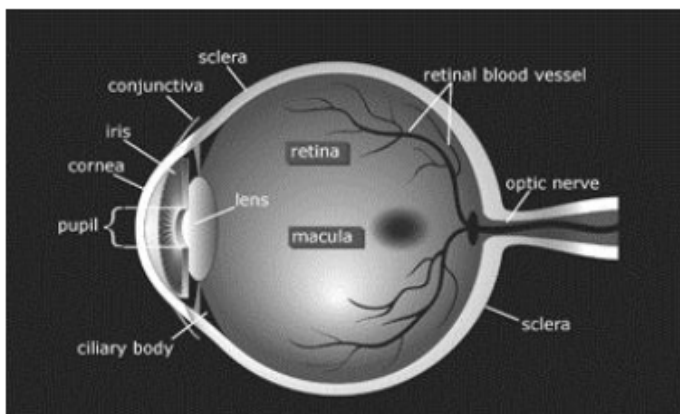
The Discovery Eye Foundation supports research, education and advocacy related to sight-threatening eye diseases and their treatments, improving the quality of life for patients and their families.

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## RESEARCH



### Grappling with Glaucoma

*New solutions may solve the biggest problems*

According to DEF-funded researcher [Dr. Donald Minckler](#), a professor in the UC Irvine departments of ophthalmology and pathology, the biggest problem in the medical treatment of glaucoma is patient compliance.

The second most common cause of blindness in the United States, glaucoma causes damage to the optic nerve due to increased pressure in the eye, known as intraocular pressure, or IOP. The front part of the eye is filled with a clear fluid called aqueous humor, which is made behind the iris and flows through the pupil into the anterior chamber behind the cornea. Aqueous leaves the eye through the trabecular meshwork, which filters the fluid into a canal, from which it is returned to general circulation. If the aqueous humor is slowed or blocked from flowing out of the canal, it builds up in the eye, thereby increasing IOP.

Prostaglandin analog eye drops are usually the first course of action following a glaucoma diagnosis. Prostaglandin analogs reduce IOP by increasing the removal of aqueous humor from the eye. While prostaglandin analogs are extremely effective in lowering IOP, **they don't work if you don't put them in.** [Read more.](#)

## DEF NEWS

### Watch the Eye Institute Rise

Construction of the new Gavin Herbert Eye Institute at the University of California, Irvine, is fast approaching completion. With hopes to finish construction in July, the eye institute will be opening some time this fall. You can see the building grow from the ground up at [eye.uci.edu](http://eye.uci.edu). Just click on the EarthCam icon to see a construction cam that shows the actual progression from September 2011 through this past November.

### Be a Pal With a New Way to Give to DEF

What if, the next time you buy something at your favorite online store, a donation of up to 10 percent goes to The Discovery Eye Foundation, without it costing you anything? Really.

Just visit the Supporting Pals [website](http://supportingpals.com), register, and select DEF as your cause. Then you can shop to your heart's content, and, not only will part of your purchase automatically go to DEF, in some cases you will also receive a discount!

As if that weren't enough, within the next couple of months, they hope to have a browser plug-in, so you won't even have to go through the Supporting Pals site to start shopping. You will log in just once to Supporting Pals, then each time you buy something online with a registered retailer, a portion of the sale will go to DEF automatically. How easy is that?

Current retailers include Amazon, Target, Macy's, Best Buy, Verizon and Fandango. A full list of retailers is found at [supportingpals.com](http://supportingpals.com).

## EVERYDAY SOLUTIONS - Easy tips for dealing with vision loss

### Are You Ready for a Disaster?

DEF's Vice President of Development Susan DeRemer was at a meeting recently with a representative of the local Red Cross, who told her the organization is currently updating its emergency-preparedness kits, following the spate of natural disasters that struck in 2012.

DeRemer asked if they take into consideration the needs of the ever-increasing number of people with low- or no vision. While the answer was no, the Red Cross rep did promise to follow up and make the suggestion.

Not one to be deterred, Susan took to the Internet and found the "[Talking First Aid Kit](#)." It includes Talking Care Packs, organized by type of injury/emergency (breathing/CPR, bleeding, shock, head & spine, bone, eye, burns, bites & stings and basics). Audio guidance is accessed with the squeeze of a button, and a voice guides the listener through the proper first-aid steps to manage the injury. Each pack includes accessories to assist in treatment, as well as printed instructions.



# TECHNOLOGY

## No or Low Vision? There's an App for That

When iPhones first hit the market, they were amazing ... unless you were blind or visually impaired: No buttons to help you "feel" your way around the phone's functions, and the apps required sight to operate. Happily, times have changed. With a [VoiceOver](#) screen-reader and apps created for the blind and visually impaired, the iPhone and iPad are now equally amazing for those with vision issues.

Here are 10 popular apps designed to help blind and visually impaired people use their mobile devices. All are available through the [iTunes store](#).

### 1. [LookTel Money Reader](#)

The LookTel Money Reader recognizes US currency in standard denominations (\$1, \$2, \$5, \$10, \$20, \$50 and \$100 bills), enabling blind and visually impaired people to quickly identify and count bills. Point the iPhone camera at any US bill, and Money Reader tells you the denomination in real time. Note: The app doesn't work as well in low light. \$9.99

### 2. [SayText](#)

SayText scans text within any image, such as a medical form or restaurant menu, and reads it aloud. Center the document under the iPhone camera, and double-tap the "Take Picture" button. Then raise it slowly: A beep indicates the entire document is in the phone's frame, and the app scans the text. Tap the screen for status updates. Once scanned, swipe right on the screen to hear the document. *free*

### 3. [Color Identifier](#)

GreenGar Studios' Color Identifier uses the iPhone camera to identify and speak color names aloud. The company makes a free app called Color ID Free that sticks to basic colors. You can also use the app to distinguish shades of sky, so you can experience sunsets or gauge possible weather changes. *free or \$1.99*

### 4. [TalkingTag LV](#)

TalkingTag LV lets you label everyday items with coded stickers. Users scan each sticker with the iPhone camera, then record and replay up to a 1-minute audio message identifying what's being labeled. The app is helpful for organizing DVDs, identifying medication and dosage, or picking the right jar from the refrigerator. Stickers can be erased and re-recorded. \$4.99

### 5. [Learning Ally](#)

The Learning Ally app provides access to a library of more than 65,000 K-12 and college-level audio textbooks to download and play on all iOS devices. A Learning Ally membership is required and is free to those with print disabilities, including visual impairments and dyslexia. Readers can navigate DAISY books by page number and chapter, adjust playback speed and place electronic bookmarks throughout the text. *free*

### 6. [Accessible Minesweeper](#)

The Accessible Minesweeper app is a funny game of strategy whose aim is to clear the minefield without detonating a bomb. In order to win this game, you need your intelligence to guess where the bombs are. This game is compatible with VoiceOver. *99 cents*

## 7. Navigon MobileNavigator North America

This app transforms the iPhone into a fully functional mobile navigation system that uses the latest NAVTEQ map material. This Garmin app offers text-to-speech voice guidance, enhanced pedestrian navigation, a turn-by-turn RouteList, location sharing via e-mail and a "Take Me Home" function. It also provides direct access and navigation to iPhone address-book contacts. \$39.99

## 8. iDigital Big2 Alarm Clock

This easy-to-read app boasts the largest time display of any app. Choose from six different digital display colors and easily change view orientation. The clock also displays date and local weather. There are 42 alarm ringers. The only thing missing is a voice feature to tell you the time. *free*

## 9. Talking Calculator

This easy-to-read app calculator speaks button names and numbers, and answers aloud through a customizable built-in directory that lets users record their own voices. Button names are spoken as your finger moves over the screen. It also has a high-contrast display mode to enhance visibility. They also make a Talking Scientific Calculator app. \$1.99

## 10. iBlink Radio

iBlink Radio was the first application "promoting the digital lifestyle" among the visually impaired, providing access to community web-radio stations with formats spanning every genre. The iBlink network also offers radio reading services and podcasts. *free*

# NUTRITION



## Blue by You

*This issue brought to you by the color blue*

Blue and purple fruits and vegetables are rich in nutrients, including lutein, zeaxanthin, resveratrol, vitamin C, fiber, flavonoids, ellagic acid and quercetin. These nutrients support retinal health, lower LDL cholesterol, boost immune-system activity, support healthy digestion, improve calcium and other mineral absorption, fight inflammation, reduce tumor growth, act as an anti-carcinogens in the digestive tract, and limit the activity of cancer cells.

Foods such as blueberries, figs, eggplants, plums and grapes get their gorgeous hue from the phytochemical anthocyanin (also found in red foods). Anthocyanins act as powerful antioxidants that protect cells from

damage and may help reduce the risk of heart disease, stroke and cancer. Studies have even shown that eating more blueberries is linked with improved memory function and healthy aging.

Be sure to help yourself to plenty of blue/purple foods, such as:

- Blackberries
- Blueberries
- Eggplant
- Figs
- Juneberries
- Plums
- Prunes
- Purple Grapes
- Raisins

As always, we hope you will be inspired to whip up an easy yet eye-healthy dish from our Eye Cook webpage, such as this one for [Eggplant and Tomato Pasta](#). Mangia!

## VISION LEGACY

### Plan Your Tax Year Now

#### **The IRA Charitable Rollover is Back!**

If you are 70½ or older, the extended charitable IRA rollover legislation benefits you. It's easy to do, and this tax-smart gift option lets you jump-start your legacy and witness the benefits of your generosity to The Discovery Eye Foundation. Take a moment to review the questions and answers here to see if this arrangement is right for you. [Read more.](#)

#### **How Will 2013 Taxes Affect You?**

Don't ignore tax-law changes that could affect you. Learn what to expect in 2013. [Read more.](#)

#### **A Resolution You Can Keep**

Life changes — sometimes suddenly and unexpectedly, sometimes with careful preparation. Learn when and how to make sure your estate plans measure up. [Read more.](#)

#### **Your Will: Learn From Celebrity Blunders**

Three mistakes you should avoid when it comes to your will. [Read more.](#)

#### **Celebrity Mistakes: The Danger of Two Wills**

Double the preparation, double the confusion and conflict. [Read more.](#)

## WHAT'S YOUR FAVORITE?

### Time to Share

#### ***Another new feature!***

We know you have your favorite things — those little tricks, tips and items that make life just a bit easier, better and/or more fun. Well, it's just not right to keep them to yourself!

In each issue of our newsletter, we'll share readers' favorite low-vision devices, memory tricks, recipes, websites — whatever helps you navigate life as a vision-impaired person.

Please [e-mail us](#) your favorite things (just put "FAVORITE" in the subject line), and we will also post them to our [Facebook page](#).