

# OUTLOOK

J O N E S   E Y E   I N S T I T U T E

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## The Golf Cup Winners



Last month, Joseph Chacko, M.D., handed over the golf cup winner trophy back to John Shock, M.D., and Gissur Petursson, M.D., for their successful win at the annual faculty retreat golf outing at the Red Apple Inn in Heber Springs. Michael Wiggins, M.D., designed a funny power point presentation that recounts the golf history of the JEI faculty retreats and the renaming of October to “Shock-tober”. Since Dr. Shock and Dr. Petursson have won the golf tournament three consecutive years starting in 2003 and again in 2007, they decided to award themselves with several medals and large trophies for their own humorous presentation to the faculty.



### Inside this issue:

Glaucoma Awareness Month .....	Page 2
Leaving a Legacy .....	Page 2
House Call .....	Page 3
Suzanne Hansen Turns 30 .....	Page 3
Computer Vision Syndrome.....	Page 4
JEI Announcements .....	Page 4
Birthdays and Announcements.....	Page 5
All Eyes on You.....	Page 6
Calendar .....	Page 7

## Three JEI Employees Receive Certified Research Specialists Certificate

Shirley Hankins, Cynthia Bond and Deborah Troillett each received a certificate as a Certified Research Specialist (CRS). The UAMS Certified Research Specialist program is a continuing education program for all individuals involved in human subject research. The purpose of this program is to better educate those involved in human subject research through training in key areas and to acknowledge their participation in the CRS program. The CRS program will require completion of 25 total contact hours and successfully passing a proficiency exam.



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## January is National Glaucoma Awareness Month



Over three million Americans, and nearly 70 million people worldwide, have glaucoma. Glaucoma is the leading cause of preventable blindness, and in the most common form, there are virtually no symptoms. Vision loss begins with peripheral or side vision, so if you have glaucoma, you may not notice anything until significant vision is lost.

Anyone can develop glaucoma, but those at higher risk for developing the disease include:

- ❖ African Americans over the age of 40.
- ❖ Everyone over the age of 60, especially in the Hispanic populations.
- ❖ People with a family history of the disease; the most common type

of glaucoma, primary open angle glaucoma, are heredity.

- ❖ Blunt injuries that “bruise” the eye (called blunt trauma) or injuries that penetrate the eye can damage the eye’s drainage system, leading to traumatic glaucoma. Sports like boxing or baseball are most common injuries.

- ❖ Other possible risk factors include: high myopia (nearsightedness), diabetes, hypertension, and Central corneal thickness less than .5 mm.

People at high risk for glaucoma should get a complete eye exam, including eye dilation, every one or two years.

### References:

Look to the Future: Get an Eye Exam to Save Your Vision from Glaucoma. (2008). Retrieved January 3, 2008 from <http://www.nei.nih.gov/news/briefs/glaucomaawareness.asp>  
Glaucoma Awareness Month. (2008) Retrieved January 3, 2008 from <http://www.glaucoma.org/learn/glaucomaawaren.php>

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## Leaving a Legacy

Sally Boreham, a thoughtful supporter and generous donor to the Jones Eye Institute, died peacefully in her home on Wednesday, Dec. 19, 2007. Sally was born in Teague, Texas and grew up in Los Angeles, California where she graduated from UCLA. She was a member of the Pi Beta Phi Sorority, and a member of the First Baptist Church of Fort Smith. Her legacy at Jones Eye will live on through her generous contributions to continued advances in eye care.



## *House Call*



The quarterly publication produced by the University of Arkansas for Medical Sciences entitled *House Call* features a Jones Eye patient on the front cover this month.

Karen Howlett, diagnosed at age five with Marfan's syndrome, came to JEI in the early 1990s to seek care for her vision deterioration as a result of her Marfan's. By age 34, Karen could no longer drive due to her eyesight, which made it difficult with two small children at home. In 2006, when Karen's eyes were finally eligible for a surgical procedure, Nicola Kim, M.D. performed three procedures on Karen – a laser treatment on her left eye and a lens implementation in both eyes – bringing her vision to a near perfect 20/25.

Thanks to Karen and Dr. Kim for sharing this life-changing story with us so that we could make it possible to share with 30,000 other patients, friends and donors that *House Call* is distributed to each quarter.

## Suzanne Hansen Turns 30



On Dec. 18 we celebrated Suzanne Hansen's birthday with a luncheon and cake. Many JEI employees were in attendance to help Suzanne celebrate.

## Computer Vision Syndrome



More than 143 million Americans work on a computer each day, with 88% of them suffering from computer eyestrain, according to estimates. Computer vision syndrome (CVS) is a temporary condition resulting from focusing the eyes on a computer display for protracted, uninterrupted periods of time. Some symptoms of CVS include headaches, blurred vision, neck pain, fatigue, eye strain, dry, irritated eyes, and difficulty refocusing the eyes.

One of the most important preventive measures against CVS is to get proper prescription computer eyeglasses at the proper computer distance (18" to 28").

Other preventive measures include:

- ❖ The use of over-the-counter artificial tear solutions can reduce the effects of dry eye in CVS.

- ❖ Working distance from eye to screen should be set between 20" and 26".
- ❖ Viewing angle for the screen should be 10 degrees to 15 degrees below straight-ahead gaze position. That would be equivalent to about a 10" drop from the straight-ahead gaze line directly above the screen to the center of the screen.
- ❖ Room lighting should be free of glare sources as much as possible. Screen anti-glare cover filters should be used where necessary (glass filters only; do not use plastic mesh filters).
- ❖ Cover or mask windows to prevent glare from sunlight, and place computer screens at 90 degree angles to windows whenever possible.
- ❖ Reduce room lighting so that screen brightness and contrast can also be reduced to more comfortable levels. Use task lighting at each desk to illuminate copy work.
- ❖ One of the catch phrases is the "20-20-20 rule": every 20 minutes, focus the eyes on an object 20 feet (6 meters) away for 20 seconds. Otherwise, the patient is advised to close his/her eyes (which has a similar effect) for 20 seconds, at least every half hour or even more frequently.

### JEI Announcements

The 2008 ICM II Lab, conducted to teach second year medical students, will be held on Feb. 12, 2008 at the Jones Eye Institute from 2:00 – 4:00 p.m.

The new AV system installation in the 2<sup>nd</sup> floor conference room is now complete.

On Jan. 9, the Arkansas Lions Eye Bank and Laboratory met to discuss quarterly agenda items.

Our thoughts and prayers go to Judy Sims on the loss of her father, William Ferguson.

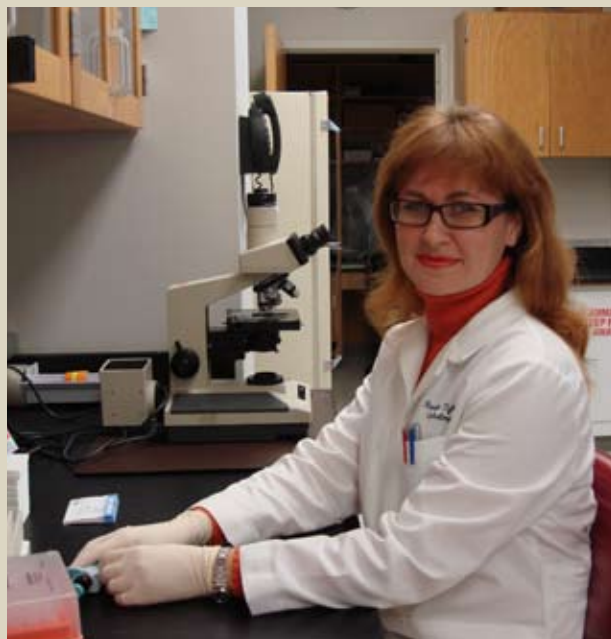
### References:

- Frequently Asked Questions on Computer Vision Syndrome and Computer Glasses. (2008). Retrieved January 3, 2008 from <http://www.allaboutvision.com/cvs/faqs.htm>
- Computer Vision Syndrome. (2008). Retrieved January 3, 2008 from [http://en.wikipedia.org/wiki/Computer\\_vision\\_syndrome](http://en.wikipedia.org/wiki/Computer_vision_syndrome)

## Calendar of Events, Birthdays and Anniversaries

- January 1 - Dr. Nalini Bora,  
JEI 2 year anniversary
- January 1 - Dr. Puran Bora,  
JEI 2 year anniversary
- January 1 - Dr. Sankaranarayanan Kaliappan,  
JEI 2 year anniversary
- January 1 - Dr. Purushottam Jha,  
JEI 2 year anniversary
- January 1 - Bharati Matta, JEI 2 year anniversary
- January 1 - Dr. Richard Harper,  
JEI 14 year anniversary
- January 1 - Dr. Ramona Davis,  
JEI 3 year anniversary
- January 1 - Dr. Thomas Cannon,  
JEI 7 year anniversary
- January 2 - Dr. Michael Wiggins,  
JEI 5 year anniversary
- January 3 - Deborah Troillett,  
JEI 8 year anniversary
- January 5 - Anne Luther
- January 6 - Steve Staples, JEI 5 year anniversary
- January 10 - Dr. Puran Bora
- January 13 - Luci Vega, JEI 7 year anniversary
- January 23 - Betty Drye
- January 25 - Dr. Nicola Kim
- January 31 - Karen Call, JEI 3 year anniversary
- February 2 - Tina Faulkner
- February 5 - Jennifer Sauer
- February 6 - Tiffani Goodwin
- February 15 - Dr. Bhairavi Kharod
- February 16 - Judy Sims
- February 17 - Dr. Gissur Petursson

## All Eyes On You - Ruslana Tyterenko



### **What music or books are you currently enjoying?**

I enjoy classical music, hip hop, jazz. I like to read books by Agatha Christie.

### **Who has most influenced your life?**

My husband Valeriy.

### **What inspires you?**

Success and good expectations.

### **Tell us about your family.**

My husband Valeriy and our three kids: Olga (4), Alexander (12), and Xeniya (15). We are from the Ukraine. I also have a younger brother, he is policeman, and my parents; they had their own business before they retired.

### **What do you generally enjoy most when you are away from work?**

I like to cook for my family, watch movies together, go on walks and play with the kids.

### **Choose three dinner guests from any period of time. Who would they be?**

I would like to dine with Meryl Streep, myself in 30 years and my grandmother.

### **Where would you go on a dream vacation?**

I dream to have a trip around the world with stops in the Ukraine and Paris.

### **What do most people not know about you?**

I like to ride motorcycles and go fast.

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## **Sanakar Kaliappan Presented Poster at the International Society for Prevention of Tobacco Induced Diseases Meeting**

Dr. Sankar Kaliappan attended and presented a poster at the 6th annual meeting of the International Society for the Prevention of Tobacco Induced Diseases, "Translational Approaches to the Prevention of Tobacco Induced Diseases" that was held in Little Rock, November 2 – 4, 2007.





*Happy  
New Year!*

# January

		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21 Martin Luther King UAMS Holiday	22	23	24	25	26
27	28	29	30	31		