

OUTLOOK

J O N E S E Y E I N S T I T U T E

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August is Cataract Awareness Month

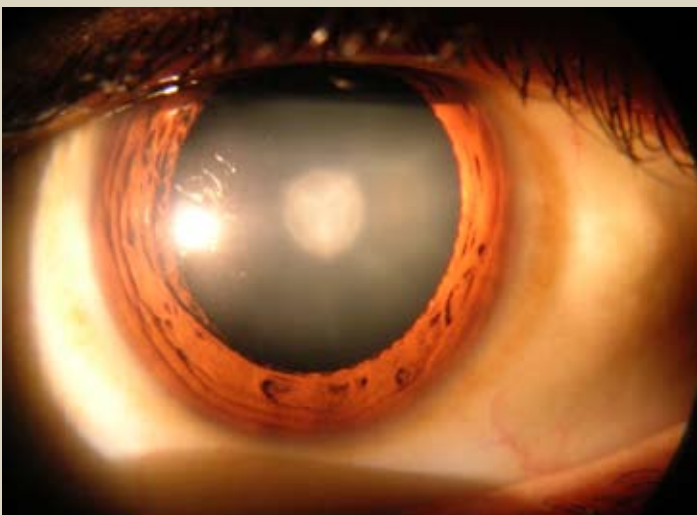
Cataract is the leading cause of blindness in the world. There are close to 20.5 million Americans age 40 and older with cataract. By age 80, more than half of all Americans will have cataract.

A cataract is the clouding of the eye's normally clear lens, blocking the passage of light needed for vision. They form slowly and cause no pain. Some stay small and hardly affect vision, but if the cataract does grow and begin to affect your vision, it can usually be removed with surgery.

New techniques developed over the past decade have made cataract surgery one of the safest and most successful procedures available in terms of restoring quality of life to patients. Each year there are more than 1.6 million of these delicate eye surgeries performed in the United States.

There are no drugs or exercises that will make a cataract disappear, and contrary to popular belief, cataracts are not removed using lasers. Lasers are used in follow-up procedures, if needed. Cataract surgery is most often done as an outpatient procedure under local anesthesia. The cloudy natural lens can be replaced with an artificial lens to give the eye proper focusing power. In most cases, the improvement in the patient's vision is profound.

So how do you know if you have a cataract? Some people notice a gradual painless blurring of vision, double vision in one eye or fading or yellowing of colors. When older patients mention sensitivity to glare and/or bright light or trouble driving at night, this may be caused by cataracts. Or, if a patient needs frequent changes to his or her glasses or contact lens prescriptions, they may be evaluated for a cataract.



Retrieved August 5, 2008 from <http://www.aao.org/aaosite/eyemd/cataract.cfm>
Retrieved August 5, 2008 from
http://upload.wikimedia.org/wikipedia/commons/thumb/b/ba/Cataract_in_human_eye.png/800px-Cataract_in_human_eye.png



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UAMS

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JONES EYE INSTITUTE
UNIVERSITY OF ARKANSAS FOR MEDICAL SCIENCES

Circle of Excellence

The Circle of Excellence campaign was communicated to all of the UAMS family last month in half day sessions. Since that time, the Circle of Excellence committee has met to discuss ways to keep the initiative alive in the College of Medicine. Three main goals were derived and will be communicated in the coming months. Dean Debra Fiser has encouraged each college and institute to come up with their goals for their own areas that will be measured. Jones Eye Institute leadership met on August 13 to discuss how we will implement our goals and measure our success. Each month we will communicate our progress and upcoming events. Stay tuned.



Dr. Henry Thomas shakes hands with Mickey Mouse.



Mickey points Ymelda Aldridge in the right direction.



Kim Glaze along with her baby daughter, Addison Olivia posed with Mickey for some precious memories.

Farewell to Two Jones Eye Institute Employees

Doris Nounamo

Doris was accepted into the Professional Doctor of Pharmacy program at UAMS and has resigned her position as Research Technologist II at JEI. Doris has worked in the Pat and Willard Walker Eye Research Center for Dr. Nalini Bora's team for the past two years. We will miss you, Doris, and congratulations!

Felita Johnson

Felita, a member of the LASIK team, is leaving in mid-August to spend more time with her family and work part time hours with a local ophthalmologist in private practice. On August 7 her colleagues gave her a going away party with a Mexican buffet and decorations.



Felita in the center



JEI staff

GOOD LUCK!

All Eyes on You....Dr. Davis



What music or books are you currently enjoying?

Unfortunately my CD player in my car is broken, so mostly I end up just listening to whatever is on the radio. The books that I am currently enjoying are the American Academy of Ophthalmology, the BCSC series books. I recommend them to anyone suffering from insomnia. I also get to read my two year old's favorites often. Right now they are Where the Wild Things Are and Ox Cart Man.

Who has most influenced your life?

Easy answer – Jesus.

What inspires you?

My children.

Tell us about your family.

I have been married to my beautiful wife, Gretchen, for just over four years. She is an RN at Children's Hospital. Right now she is working only part time so she can stay at home with our two little boys, Gabriel, who is 2 ½ years old, and Sam, who is about five months old. Gabriel likes to tell everyone how his Daddy "takes care of people's eyes."

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

Spending time with my wife and playing with my two boys. Golf on the rare occasion it happens, i.e. about once per year. Sleeping.

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

I have never liked this question, mainly because I don't have a good answer for it. To truly answer it I would say my wife (no kids) and one of our couple friends.

Where would you go on a dream vacation?

Again, easy question – Italy. Nowhere specific there, just tour the whole country

What do most people not know about you?

If you don't know, I'm not telling.



Melvin Burks joins the Jones Eye Institute

Melvin (Mel) Burks will start as a Jones Eye Institute full time employee on August 18 assisting Dr. Michael Wiggins as a member of the LASIK team. He is a recent graduate from the OMT program, Class of 2008. Mel is very enthusiastic about this career choice and we are equally happy he chose JEI as his home.

Two UAMS Doctors Participate in NIH-Funded Eye Study



Drs. Ammar Safar and Nicola Kim of the Jones Eye Institute (JEI) at the University of Arkansas for Medical Sciences have been investigators in a randomized clinical trial sponsored by the Diabetic Retinopathy Clinical Research Network (DRCR.net). The DRCR is a collaborative research group that initiates multi-center diabetes research for diabetic eye disorders. It is funded by the National Eye Institute of the National Institutes of Health. JEI is one of 88 clinical sites, worldwide, that participated in this study.

This randomized/controlled trial compared two treatments for diabetic macular edema: (1) the injection of a steroid drug directly into the eye (intravitreal triamcinolone acetonide) and (2) a laser treatment of the retina (focal/grid photocoagulation). This manuscript is scheduled to be published in September in *Ophthalmology*.

BACKGROUND

Diabetic retinopathy—An eye condition caused by damage to the small blood vessels that provide blood to the retina, which is the light sensitive tissue lining the back of the eye. There are no symptoms in the early stages of diabetic retinopathy.

Diabetic Macular Edema (DME)—An eye condition in which the macula (central retina) is swollen or thickened because of damage to small retinal blood vessels which is caused by diabetes. This condition will cause blurred vision if not treated, and can be permanent and severe.

MANUSCRIPT'S FINDINGS

- For most patients with DME, who have characteristics similar to study participants, focal/grid photocoagulation laser treatment is significantly more effective in reducing vision loss than an eye drug injection over a 2-year period.
- This finding was in contrast to the widespread clinical impression that steroid injections are more effective than laser in treating DME.
- DME clinical trials should consider the focal/grid photocoagulation laser treatment as “the benchmark” for future treatment comparisons.



Youthonomics Job Shadowing

Suzanne Hansen shows Nebreiagh Thomas an eye procedure



Suzanne Hansen shows Nebreiagh Thomas how to look into the eyes of her mom, Sheila's eyes through a slit lamp

On Thursday, August 7, Suzanne Hansen mentored Nebreiagh Thomas, an eighth grader from Northwood Middle School in Sherwood. Nebreiagh was one of 120 youth who participated in job shadowing as part of the Pulaski County Youth Services summer program. Under the direction of Charles Mobley, one of the goals of Youth Services is to identify, coordinate and develop an adequate range of support services that will create a healthy environment conducive to positive learning for all families and community members in high-risk neighborhoods and communities in Pulaski County.

Pets of the Month



Sterling Glaze

Sterling and Chloe are both Weimaraners that belong to Kim Glaze. Kim's husband found Sterling for her nine years ago from a breeder six hours away in Tennessee. He surprised her on Easter morning and they named him Sterling after his beautiful, silver coat. Kim describes Sterling as very loving and loyal. His favorite past time is pulling all the toilet paper off the roll. Chloe is four years old and was purchased from a local breeder that didn't take adequate care of the litter, and unfortunately Chloe was diagnosed with Parvo as a puppy. After several days spent in the hospital, Chloe made a full recovery. She is said to be full of love and energy, loves to be the center of attention, and can be very noisy at times. Her favorite thing in the world is an old blanket called "blankie". She carries it around in her mouth and sucks on it like a baby's pacifier.

Both Sterling and Chloe live in a doggy mansion outside and both enjoy walks, fetching, belly scratches and pestering each other. Both have brought such joy and love to the Glaze family.



Chloe Glaze

Calendar of Events, Birthdays and Anniversaries

BIRTHDAYS

August 3 -Kim Glaze

August 5 -Brenda Duhamel

August 16 - Dr. Scott Lowery

August 19 - Brenda Hull

August 22 - Karen Montgomery

August 22 - Diane McVinney

August 25 – Patrick Lang

August 29 - Mary Rinke

September 2 - Dr. Romona Davis

September 3 – Dr. Thomas Cannon

September 4 - Debbie Terry

September 4 - Deanna Ely

September 11 - Doris Nounamo

September 13 - Staci Grimes

September 18 – Dr. Joseph Chacko

September 25 – Dr. Michael Wiggins

September 28 – Dr. Michael Brown

September 30 – Deborah Troillet

ANNIVERSARIES

August 1 - Dr. Henry Thomas, 32 years

August 1 -Dr. Inci Dersu, 3 years

August 1 -Dr. Joseph Chacko, 3 years

August 3 -Marilee Taylor, 12 years

August 11 -Suzanne Hansen, 5 years

August 13 -Tina Faulkner, 2 years

September 1 – Bradley Thuro, 1 year

September 1 – Dr. Paul Phillips,
11 years

September 8 – Dr. Christopher
Westfall, 11 years

September 23 – Ymelda Aldridge,
1 year

September

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