

Patient Focus

January 2012

New Endowment Funds Established

It is with great pride that we announce the creation of two new endowment funds to honor Joseph Sassani, MD, MHA and Ali Aminlari, MD, FACS. For more than twenty-five years, Dr. Sassani and Dr. Aminlari have dedicated their professional lives to the care of tens of thousands of patients and the training of hundreds of ophthalmology residents and medical students at the Penn State Hershey Medical Center/Penn State College of Medicine.



The Joseph Sassani Alumni Lecture has been established to recognize his outstanding contributions to our patient care, research, education, and service missions. Penn State Ophthalmology resident alumni have benefited greatly from Dr. Sassani's teaching efforts during the past thirty-one years. We're thrilled to establish a lecture that honors Dr. Sassani for his leadership in the department and celebrates the achievements of our residency program graduates.

Our annual "Golden Globe" Teaching Award has been renamed the "Ali Aminlari Teaching Award" in recognition of Dr. Aminlari's outstanding contributions to our resident education program. Whether in the clinic, the operating room, or during morning lectures, resident physicians have learned great life lessons from Dr. Aminlari during the past twenty-six years. As the department's only five-time recipient of the teaching award, it is fitting that we rename this award in honor of Dr. Aminlari.

These endowment funds will support the research and education missions of the Penn State Hershey Eye Center through the purchase of textbooks, videos, and cutting-edge training equipment as well as honorariums for Grand Rounds speakers each month. If you would like to join us in honoring these dedicated physicians by making a donation to one or both of these endowments, please contact Meredith Herring, Associate Director of Individual Giving, at 717-531-1652 or e-mail her at mherring@psu.hmc.edu.

January is Glaucoma Awareness Month

The best way to protect yourself from vision loss caused by glaucoma is to know your risk factors and to have your eyes examined at recommended intervals.

Those at highest risk for glaucoma include:

- Everyone over age 60
- African-Americans over age 40
- Hispanics
- People with other health conditions, such as diabetes (exam every year)
- Individuals that have experienced a serious eye injury
- People with a family history of glaucoma

At first there may be no symptoms, but as the disease progresses a person with glaucoma may notice his or her vision gradually failing with:

- Blurred vision
- Loss of peripheral vision
- Difficulty focusing on objects
- Presence of halos around lights

Those at risk should have a complete eye exam by an ophthalmologist at least every one to two years.

What It's Like



This is how a street scene looks with normal vision.



Example of Glaucoma.

If you have glaucoma, it is important to follow your treatment plan.

- Glaucoma is a lifelong condition. Patients and their Eye M.D.s need to work together to agree on a treatment plan that offers the patient the best chance of preserving his vision.
- Common treatments include oral or topical medication, as well as laser and conventional surgery. Talk to your Eye M.D. about your treatment options because some may be better for your condition than others.
- Do not stop taking medication without talking to your Eye M.D. You and your Eye M.D. are a team whose goal is to preserve your vision and help you maintain your quality of life.

Source: American Academy of Ophthalmology

The glaucoma specialists at Penn State Hershey Eye Center are: Dr. Ali Aminlari, Dr. Christine Callahan, and Dr. Joseph Sassani.



500 University Drive, Suite 800, UPC1, Hershey, PA 17033
For an appointment, please call 717-531-5690.