

Patient Focus

March 2012

Low Vision Awareness Month

Marianne E. Boltz, OD, FAAO, Assistant Professor of Ophthalmology is our Low Vision Rehabilitation specialist at the Penn State Hershey Eye Center. Early detection and treatment is the best defense against losing your vision. If your vision has been reduced by eye injuries or by diseases such as macular degeneration, glaucoma, diabetic retinopathy, or retinitis pigmentosa, low vision rehabilitation resources are available to help you preserve your quality of life and maintain maximum independence.

“Vision rehab. can be a wonderful way to make the most of a person’s remaining vision. Those who are capable, motivated, and possess a positive attitude will be the most successful,” noted Dr. Boltz. She specializes in low vision rehabilitation as well as Pediatric Optometry.

The amount of rehabilitation needed depends on your vision loss and what you want to be able to do. Your eye care provider may recommend involving a team of professionals to determine the amount and type of rehabilitation needed to help you adjust to your vision loss. These professionals may include a low vision specialist, occupational



therapist, rehabilitation teacher, orientation & mobility specialist, social worker, or counselor.

Dr. Boltz’s recently published article on the effects and treatment of low vision appeared on [Penn State Live](#).

You can access a wide range of services and assistance from:

- *Tri-County Association for the Blind*
- *PA Blindness & Visual Services Department*
- *Pennsylvania Council of the Blind*
- *Pennsylvania Association for the Blind*

Low Vision Aids



Many low vision aids are available to assist with everyday tasks and your favorite leisurely activities. They include high-powered portable and stand magnifiers; magnifying spectacles; talking watches, clocks, phones,

computers, and thermometers; video magnifiers; and closed circuit TVs (CCTVs) which enlarge print, making magazines and newspapers easier to read.

It is very important to talk with your eye care provider before purchasing these devices so that she/he can help you determine what will best meet your needs. Use of these devices requires training and practice.

Source: American Academy of Ophthalmology

Did you know . . .

Green is the least common eye color, occurring in about 2% of the world's population. The green appearance is caused by the combination of an amber or light brown pigmentation of the stroma of the iris, and Rayleigh scattering of light through it, a phenomenon similar to that which accounts for the blueness of the sky.



The Penn State Hershey Eye Center is conducting several clinical trials. If you'd like to volunteer to participate, read more about them at:

<http://www.pennstatehershey.org/web/cto/home/current/ophthalmology>



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