

insights

A Penn State Hershey Eye Center Communication

Winter /Spring 2013

Transitions in Pediatric Eye Care

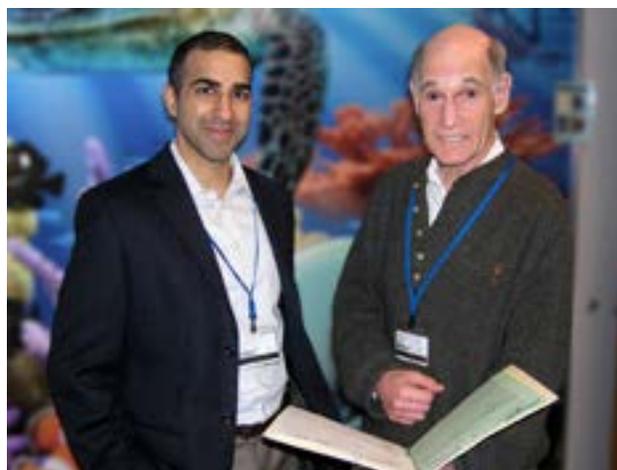
DAVID QUILLEN

Joel Weinstein, MD, Professor of Ophthalmology and Pediatrics retired on February 3, 2013. Dr. Weinstein has devoted over ten years of his professional life to the care of children and adults as a faculty member in the Penn State Department of Ophthalmology/Penn State College of Medicine. He has made significant contributions to our patient care, education, research, and service missions. Dr. Weinstein is loved by patients for providing outstanding care and greatly appreciated by our students and residents for being a wonderful teacher and mentor. He is a highly respected colleague, recognized for his dedication, commitment, and professionalism. While we will miss working with Dr. Weinstein on a daily basis, we are excited for him as he enters this next chapter of his life.

We are pleased to announce Ajay Soni, MD has joined the Penn State Hershey Eye Center as Assistant Professor of Ophthalmology and Pediatrics. Dr. Soni completed his undergraduate studies at Amherst College. He received his Doctor of Medicine degree at the University of Pittsburgh School of Medicine. He completed his Ophthalmology residency training at the University of Maryland Medical Center followed by a pediatric ophthalmology fellowship at Indiana University and Riley Hospital for Children. Prior to joining the Penn State Hershey Eye Center, he worked as a Pediatric Ophthalmologist at the

University of Maryland Medical Center and private practice in Langhorne, Pennsylvania. Dr. Soni is an expert in eye care for children and will lead our pediatric eye care team. He will work closely with hundreds of pediatric generalists and specialists as part of the new Penn State Hershey Children's Hospital at the Penn State Hershey Medical Center.

Please join us in congratulating Dr. Weinstein on his retirement and welcoming Dr. Soni to the Penn State Hershey Eye Center family!



Ajay Soni, M.D. and Joel Weinstein, M.D.

Research by the Penn State Hershey Eye Center is reported at the Annual Meeting of the Association for Research In Vision and Ophthalmology

ALISTAIR BARBER, PHD

A number of scientists from the Penn State Hershey Eye Center represented Penn State vision research at the annual meeting of the Association for Research in Vision and Ophthalmology (ARVO), which took place earlier last year in Fort Lauderdale, Florida, May 5th - 10th, 2012. ARVO describes its annual meeting as a major forum for vision researchers and practitioners to close the knowledge gap about eye diseases and treatment. Between ten and twelve thousand basic and clinical research scientists and eye specialists attend this conference every year.

This year the Penn State Hershey Eye Center investigators who presented at the ARVO conference included Alistair Barber and Travis D'Cruz, who each presented posters on biochemical analysis of neural protein expression in the retinas of diabetic rats, as well as new methods of analyzing their visual function. Other presentations included a poster on gene specific changes associated with retinal maturation, presented by Drs. Evgenya Popova and Colin Barnstable; while Dr. Greg

Jackson presented work on using dark adaptation as a sensitive measure of age-related macular degeneration. Presentations of research projects performed by Ophthalmology residents included a clinical study on the effect of neutral density filters on visual evoked potentials to detect amblyopia in young children, presented by Drs. Joel Weinstein and Amanda Ely; and a study of the management of anterior herpes simplex virus in eye diseases, presented by Dr Tabassum Ali. Drs. Mary Lott and Kerstin Bettermann, from the Penn State Hershey Heart and Vascular Institute also presented further work on their project using retinal vascular reactivity as a measure of early changes in diabetic retinopathy. Among other poster presentations Dr. Ingrid Scott gave a workshop on the ethical principles of clinical research.

As in previous years, the Penn State Hershey Eye Center was well represented at this international conference, which is probably the largest of its type, with about 12,000 attendees. Next year the venue for this conference will move from Fort Lauderdale to Seattle.

Eye and Vision Research Day

ALISTAIR BARBER, PHD

The Twelfth Annual Eye and Vision Research Day was held at The Hershey Country Club on June 1st. There were seventeen research talks given last year, including the keynote PDGJ. Robert Meyers Lecture given by Dr. Richard Lee, Associate Professor of Ophthalmology, from the Bascom Palmer Eye Institute.

Other presentations included talk by all nine of the Ophthalmology Department residents, and other presentations by Eye Center investigators representing five other college departments, including Ophthalmology, and covering subjects varying from basic research on animal models of retinopathy of prematurity, systems biology of metabolic memory in diabetic retinopathy, correlations of vasoreactivity in the retina and brain in diabetes. There were also 10 poster presentations.



Richard Lee, MD, PhD

The Medical Minute: Hope for those with vision loss

MARIANNE E. BOLTZ, OD, FAAO

One of the most difficult things optometrists and ophthalmologists must tell a patient is that he or she has an eye disease that already has or could permanently rob them of their vision. Today, the most common diseases in the adult population that cause permanent vision loss are macular degeneration, glaucoma and diabetic retinopathy. Although treatments are available for each of these diseases that can either slow down or prevent further loss of sight, there are far too many individuals whose vision declines regardless of medical intervention. Losing vision as an adult affects every aspect of that person's life: most importantly, the loss of independence and quality of life.

While becoming visually impaired or legally blind is life-changing, hope is not lost for these individuals. Low vision rehabilitation is a multidisciplinary approach to provide visual assistance for any person with acquired vision loss, making the most of his or her remaining vision through the use of magnifying aids or other devices to perform daily tasks. These tasks often include reading, watching TV, using a computer, cooking and pursuing hobbies. Optometrists who specialize in low vision rehabilitation perform thorough evaluations to assess a person's current visual function and then make recommendations for devices to achieve his or her desired goal. For example, getting someone to read the newspaper again could involve prescribing a much stronger bifocal prescription, an illuminated hand-held magnifier or even a high-tech video magnifier/closed-

circuit TV. Helping someone watch TV, attend a concert or watch his grandkids play soccer could involve the use of a hand-held monocular telescope or telescopic glasses.

Learning to use low vision devices takes motivation, practice and patience on the part of the patient, but the rewards certainly outweigh the effort. Many studies have shown that although the rate of depression skyrockets in those with recently acquired vision loss, low vision rehabilitation helps to reduce depression by increasing independence and self-worth. Another advantage is that teaching seniors with vision loss new daily living skills to make them more independent can keep them in their own homes longer (rather than seeking the care of an independent living or nursing facility).

Optometrists are not the only care providers to offer special assistance to those with low vision. Occupational therapists, psychologists, social workers, orientation and mobility specialists and low vision therapists all offer unique ways to rehabilitate those with vision loss. Many of these providers are employed by state and local agencies as well as VA Hospitals. In Pennsylvania, a division of the Department of the Labor & Industry called the Bureau of Blindness and Visual Services and the Pennsylvania Association for the Blind both offer social, vocational and rehabilitation services to state residents.

To learn more about vision impairment, low vision rehabilitation or to find a low vision optometrist in your area, go to the Pennsylvania Optometric Association website at <http://pennsylvania.aoa.org>.

New Babies

John and Debra Fileta welcomed their bundle of joy, Elijah John on June 4, 2012. He was 7 lbs, 11 ounces and 19 1/2 inches tall. Big Sister Ella loves her baby brother!



Arjun Amarjit Singh, son of Dr. & Mrs. Ravi Singh, was born on September 5, 2012. Ravi graduated from the Penn State Hershey Residency Program in 2011. He reports that Arjun and his mom, Priti, are doing well and says, "I am enjoying fatherhood and can't seem to get enough of the little guy"



International Research Collaboration Comes to a Close

SUSAN CHOBANOFF

The Juvenile Diabetes Research Foundation funded Proof-of-Concept 1 Study came to an end with our final site visit in May 2012. This collaborative research was a joint effort between the Penn State Hershey Eye Center and Dr. Michael Larsen of Glostrup Hospital's Ophthalmology Research Department. Laura Walter and I spent two days working on site to successfully bring their participation in the study to a close.



reliability of the data and information being presented and analyzed.

The site visits to Denmark have been enjoyable and rewarding. Dr. Larsen and his research team have been gracious and accommodating hosts. They have not only welcomed us into their workplace, but they have also included us for dinner and picnics with family and friends.

Through hard work and dedication by both research teams, the Proof-of-Concept Study 1 has come to a successful completion at the Penn State Hershey Eye Center and the Glostrup Hospital in Denmark. Ingrid U. Scott, MD, MPH, the principle investigator of the study, will report the results as soon as they become available.



Site visits have been conducted annually throughout the entire study and I have had the privilege of performing three separate visits as the study monitor. A study monitor acts on behalf of the study sponsor to verify compliance to the study protocol and reporting procedures. During these site visits, a great deal of time is spent reviewing every piece of research data to identify inconsistencies and errors that need to be addressed by the site's research personnel. Although the monitoring process can often times be painstaking, it is a necessary process that results in the accuracy and



New Residents July 2012



Jason Mayer, MD



Ravi Patel, MD



Christopher Weller, MD

Eastern Psychological Association clinical research presentation

LAURA WALTER

In early march this year I had the opportunity to present some Eye Center research data to the Eastern Psychological Association. EPA is an organization for advancing the science and various professions in the field of Psychology. Part of achieving this goal includes an annual meeting where the members of EPA present the latest advances in professional and scientific work to their colleagues.

I am a member of the Eastern Psychological Association as part of my undergraduate training at Penn State Harrisburg and have various friends within the group. A friend and a professor at Millersville University was asking about some of our macular degeneration and dark adaptation research here at Hershey and suggested presenting a talk or a poster to the EPA.

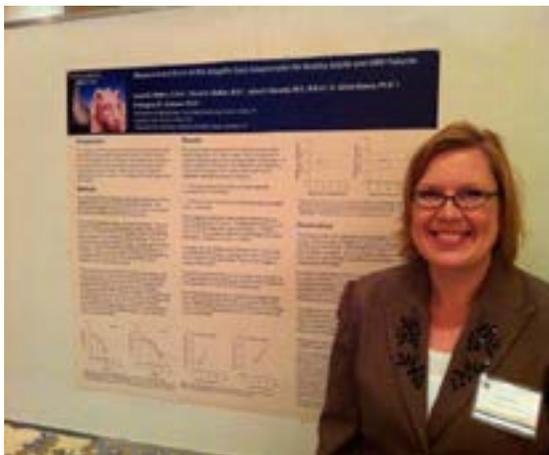
I hadn't really considered using the work presented at specifically ophthalmology meetings in a psychological meeting and was really excited by the idea. This is exactly why I am studying psychology; to understand more of the psychophysical responses of vision and perception!

I presented a poster on "The measurement error of the AdaptRx Dark Adaptometer for healthy Adults and AMD Patients". This was a relatively small but important study to assess the measurement error of the AdaptRx diagnostic device. It was important in gaining approval

of the FDA to use this device in measuring impairment in patients with eye disease. The measurement of dark adaptation is a psychophysical test much like a visual field test or hearing test. It's really just the scientific study of the relationship between physical stimuli and the sensations and perceptions they affect.

The most interesting part of this experience was being able to share my own experiences of ophthalmology based research with others in the field of psychology. As you might imagine, I was a minority. Most of the other research involved counseling methods, sociological implications and mental health issues which are more traditionally what we might think of in a psychology meeting.

I also had the opportunity to have dinner with the author of one of my favorite textbooks about the history of psychological study. The meeting was an interesting and stimulating experience and I look forward to attending next year and adding to the mix of topics with more data on psychophysical testing collected here at the Penn State Hershey Eye Center. The physicians and scientists here at PSU Hershey and Harrisburg, Millersville University, and F & M College with whom I have worked have taught me as much about professional collaboration and developing new ideas as any classroom science or day to day work.



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Cataract, Glaucoma, & Anterior Segment

Ali Aminlari, M.D., F.A.C.S.
Joseph W. Sassani, M.D., M.H.A.
Christine E. Callahan, M.D.

Cornea & Refractive Surgery

David Liang, M.D.

Neuro-Ophthalmology

William A. Cantore, M.D.

Oculoplastic Surgery

Michael Wilkinson, M.D.

Optometry

Marianne E. Boltz, O.D., F.A.A.O.
Tara L. O'Rourke, O.D.
Donald J. Williams, O.D.

Basic Research

Alistair J. Barber, Ph.D.
Gregory R. Jackson, Ph.D.

Pediatric Ophthalmology & Optometry

Ajay Soni, M.D.
Marianne E. Boltz, O.D., F.A.A.O.

Retinal & Vitreous Disease

Esther M. Bowie, M.D.
Kimberly A. Neely, M.D., Ph.D.
David A. Quillen, M.D.
Ingrid U. Scott, M.D., M.P.H.

Save the date, June 7, 2013! The PSHEC will host the
13th Annual Eye and Vision Research Day at
The Hershey Country Club, Keystone Ballroom.

The PSHEC "Nittany"

MARY EICHELBERGER, COA

It's hard to find a more storied and striking symbol than Penn State's Nittany Lion. Beyond majesty, the lion embodies many traits most desirable in an individual: strength, pride, dignity, and courage. As members of the Penn State Hershey Eye Center, these are characteristics we choose to exemplify and promote as part of our daily work. Beyond these individual goals, TEAM Ophthalmology also strives to deliver Excellence in all we do, with a positive Attitude, so that we can Make a difference in the lives of our patients and peers. To recognize Team members who excel in their performance and dedication to our mission, a monthly honor was established. Mirroring the qualities of the Penn State "Lion", the distinction was nicknamed "the Nittany". Each month the previous recipient chooses the Team Member they feel most deserving of recognition.



Congratulations to our 2012 Nittany Lion Recipients

January, 2012

Christine Callahan, MD
Glaucoma Specialist

April, 2012

Jen Conkle and Lisa Stacks
Phone Schedulers

July, 2012

Paula Dundore
Optician

October, 2012

Lianne Miller
Technician

February, 2012

Roxy Moyer
Surgery Scheduler

May, 2012

Karen Miller
Office Manager

August, 2012

No Meeting

November, 2012

Janelle Reese, COA
Technician

March, 2012

Esther Bowie, MD
Retina Specialist

June, 2012

Jim Strong, BS, CRA
Photographer

September, 2012

Tara O'Rourke, OD
Optometrist

December, 2012

Kim Powell
Optician