



The Magnifier

Macular Degeneration Foundation

[Eyesight.org](https://eyesight.org)

Tel: 888-633-3937

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Vitamin D, often referred to as the "sunshine vitamin," is crucial for maintaining strong bones, a healthy immune system, and overall well-being. Our bodies naturally produce this essential nutrient when exposed to sunlight, specifically ultraviolet B (UVB) rays. But how do you maximize your vitamin D synthesis from the sun? Timing is everything. Here's how you can harness the power of sunlight to boost your vitamin D levels and understand

why this nutrient is so vital. The best time to absorb Vitamin D from the Sun is from 9-3. Caution is recommended regarding "too" much sun. Use a time limit that reflects your individual tolerance to the sun before damage can occur.

Liz Trauernicht - President

More Evidence Suggests Consumption of Melatonin Can Reduce Chances of Age-Related Macular Degeneration

A team of medical researchers from Case Western Reserve University School of Medicine and the [Cleveland Clinic's Center for Ophthalmic Bioinformatics](#) has found further evidence that regular consumption of melatonin reduces chances of developing age-related macular degeneration (AMD).

Melatonin is a hormone that is produced naturally in the brain; it has been strongly associated with the sleep cycle. The brain makes more of it in response to darkness.

Because of that, several companies make and sell melatonin as a dietary supplement intended to help people having trouble going to sleep.

This new study adds more evidence that regular consumption of melatonin could ward off the development and progression of AMD.

*By Bob Yirka
Medical Xpress*

Photobiomodulation Showed Signs of Slowing Progression of Dry AMD

The LIGHTSITE III clinical trial study assessment has shown the effectiveness of the Valeda Light Delivery System for treating dry age-related macular degeneration (AMD).

The Valeda photobiomodulation technique uses three wavelengths of light to stimulate the layer of cells in the back of the eye called the retinal pigment epithelium (RPE), to keep them healthy.

Photobiomodulation targets mitochondrial signaling systems to improve cellular bioenergetic processes. Age-related macular degeneration shows mitochondrial dysfunction contributing to disease development and progression.

Multiwavelength PBM improved clinical and anatomical outcomes in early-intermediate nonexudative (dry) age-related macular degeneration. Photobiomodulation offers a novel treatment with a unique mechanism and mode of delivery for dry AMD.

About LumiThera

LumiThera, Inc. is a medical device company focused on diagnosing,



treating, and monitoring ocular disease and damage including dry age-related macular degeneration.

LumiThera's flagship product, the Valeda® Light Delivery System, uses multiwavelength photobiomodulation to treat dry AMD patients.

Valeda is CE Marked in the EU and is available in Europe and in countries in Latin America. Valeda is expecting approval by the Food & Drug Administration (FDA) this year. For more information visit:

www.lumithera.com

Innovative Glasses

ESIGHT is an all-in-one device for people with visual impairment. Designed to move seamlessly with the wearer through daily life. eSight offers improved visual acuity whether sitting, reading, commuting to work, or exploring a new place.



The glasses are lightweight, sleek, and comfortable, seamlessly moving with you from indoor, routine activities to outdoor, physical environments. A small, high-speed, high-definition camera captures everything you are looking at. Clinically validated algorithms optimize and enhance the footage. It is then presented on the two OLED monitors, one for each eye, in real time. Your brain synthesizes the images, and you see with improved clarity what is in front of you.

The wireless and hands-free operation allows the wearer to go anywhere and easily swap rechargeable batteries with up to 3 hours of continuous use. There's also a wireless remote controller or mobile phone app for even more adjustment.

What Eye Conditions Do eSight Users Have?

A typical eSight user has visual acuity from 20/60 to 20/800, with some as high as 20/1400. Typical eye conditions include macular degeneration, diabetic retinopathy, and Stargardt's disease. For more information call 855-837-4448 or help@esighteyewear.com.

Eyedaptic Unveils EYE6 With “Ivy”

By David Hutton

Eyedaptic unveiled its latest breakthrough, the EYE6 with Ivy, a wearable vision aid that both enhances vision and provides an artificial intelligence (AI) powered visual assistant.

According to a news release, the company’s EYE6 has a range of features, including Ivy, an interactive visual assistant to help and empower individuals with age-related macular degeneration (AMD) and other retinal disorders that cause vision loss.

The company noted its EYE6 with Ivy will be introduced at the American Retina Forum National Meeting, taking place on August 7, 2024, in Carlsbad, California.

More than 250 million people globally are affected by retinal diseases that cause vision loss. The EYE6 with Ivy leverages advanced multimodal generative AI (GenAI) and large language models (LLMs) to visualize and interpret real-time information for users, helping to improve their daily living experiences and independence.

According to the news release, the Ivy Visual Assistant can read text, describe a room, locate objects, and help users with other daily tasks and activities that otherwise may not have been possible due to their vision loss. Ivy is fluent in 99 languages and adapts dynamically to diverse environments, providing customized visual augmentation that aligns with each individual’s needs.

"Our commitment to innovation is evident in Ivy’s development, combining state-of-the-art machine learning with user-centric design that redefines how individuals with visual impairments interact with their surroundings," Jay Cormier, CEO and founder of Eyedaptic said in the news release. "As we continue to push boundaries in visual assistive technology, The EYE6 with Ivy represents a culmination of our team’s dedication and expertise, and we are excited to introduce this advanced, wearable vision aid to eye care specialists and their patients."



EYE6 Features:

- 3-ounce Smart Glasses in a comfortable, wearable format for extended use
- Visual Assistant, Ivy, fluent in 99 languages
- Easily and remotely upgradeable on the EYES platform with a low monthly subscription.
- All the same vision enhancing features of the EYE5 with a simple user interface
- Full High Definition 1080p resolution micro displays for the highest image quality

Mitul Mehta, MD, chief medical officer of Eyedaptic, pointed out in the news release the importance of the implementation and integration of AI in visual assistive devices.

“With the EYE6, individuals with vision impairments now have a visual assistant to help them do everyday tasks and activities that weren’t possible before,” Mehta said. “They can ask Ivy to read a page to them or describe a room. With Ivy, the possibilities are endless allowing individuals to remain independent and have a better quality of life.”

7 Tips to Help Maintain Healthy Eyes

Follow the 20-20-20 rule

Every 20 minutes, take a 20-second break and look at something 20 feet away. This practice helps relax the eye muscles and prevents digital eye strain.

Eat Healthy

Green vegetables, fish, nuts, and citrus fruits contain omega-3 fatty acids, lutein, zinc, vitamins C and E, help to ward off age-related vision problems.

Take Care of Other Diseases

Chronic conditions like diabetes and hypertension should be carefully managed through medication, diet, and regular check-ups to protect your vision.

Get Regular Eye Exams

Routine eye exams are essential. The American Academy of Ophthalmology recommends a comprehensive eye exam at least once every two years to help detect early signs of diseases like glaucoma, cataracts, and AMD.

Use Appropriate Lighting

Proper lighting is essential. Avoid harsh lighting and glare. Using a desk lamp with a soft, focused light can help reduce eye fatigue. Contact Berryessa Designs at www.berryessadesigns.com or 408-657-9229 to familiarize yourself with products especially designed for those with low vision.

Wear Sunglasses

Prolonged exposure to UV rays can lead to cataracts and macular degeneration. The American Academy of Ophthalmology advises sunglasses that block 100% of both UVA and UVB rays.

Eye Focused Exercises

Regular physical activity is beneficial for both overall health and healthy eyes. Exercise improves blood circulation which helps to remove toxins. A study published in the British Journal of Ophthalmology found that regular physical activity is associated with a reduced risk of developing age-related macular degeneration and diabetic retinopathy. Adding activities like walking, jogging, or yoga into our routine can support our eye health and overall well-being.

Information Resources

National Eye Institute

800-411-1222

<https://www.nei.nih.gov/>

American Academy of Ophthalmology (AAO)

<https://www.aao.org/eye-health>

American Council of the Blind

800-424-8666

<https://www.acb.org/>

Prevent Blindness America

800-331-2020

<https://preventblindness.org/>

Veterans Guide to Benefits

888-982-1009

<https://veteransguide.org/>

National Federation of the Blind

410-659-9314

<https://nfb.org/>

National Library Service

888-657-7323

<https://www.loc.gov/nls/>

National Council on Aging Benefits Checkup

<https://benefitscheckup.org/>

Eldercare Locator

800-677-1116

<https://eldercare.acl.gov/>

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888-633-3937

<https://eyesight.org/>

MD Foundation Resource Director

Dan Roberts

816-588-7747

Independent Living Aids

800-537-2118

<https://independentliving.com/>

Maxiaids

800-522-6294

<https://www.maxiaids.com/>

Learning, Sight & Sound (LS&S)

800-468-4789

<https://lssproducts.com/>

Jewish Heritage for the Blind

800-995-1888

<https://jewishheritage.org/>

MD Support

816-588-7747

<https://mdsupport.org/>

Community Services for Vision Rehabilitation (Alabama)

<https://csvrlowvision.org/>

Second Sense (Chicago)

312-236-8569

<https://www.second-sense.org/>



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Donations Appreciated

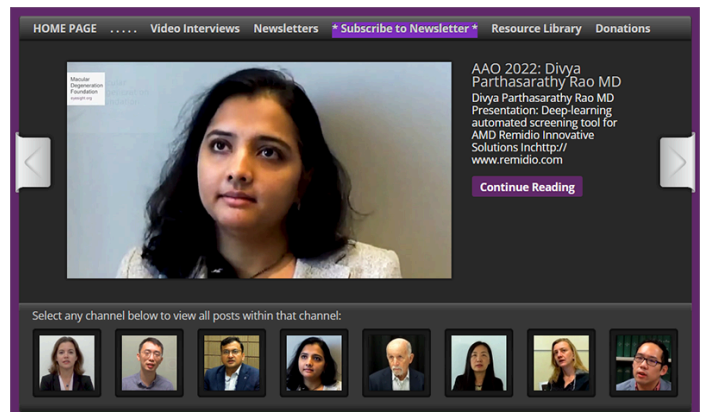
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