

FALLS IN GLAUCOMA STUDY

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Patient Feedback:

“ _____ ”

Have questions? Want to contact us or provide any feedback?

Call our FIGS number:
(571)-429-FIGS (3447)

OUR GOALS AND PROGRESS

First, we would like to thank each and every one of you for your participation in FIGS. I am writing to inform you what we have accomplished so far, and what we aim to learn over the next 2-3 years from the information we've collected (and continue to collect). As of today, we have finished recruitment into the study, and a total of 250 patients like you have agreed to participate! Our group is now working very hard to summarize the information we collected, and to learn what difficulties (poor balance, differences in walking, fear of falling) seem to be the result of vision, and not the many other ways you are different (age, health, etc.) We hope that one year from now that this information will be summarized, and submitted to journals that will allow our findings to be available to other doctors and rehabilitation specialists worldwide.

A year from now, we will also have 12 months of



falls calendars from each of you. This information is extremely important, as it will let us know what features put you (as a group) at the greatest risk for falls. Is it your balance? Your home environment? The way you walk? We want to know what changeable behaviors, physical qualities, or environmental features set you up for falls the most. While vision is sure to play a role, we are just as interested in non-visual factors, particularly non-visual factors we can change. Going forwards, we want to see how your mobility changes over time, and will look at whether falls, vision, and

other factors affect this change. Ultimately, we will use this information to intelligently design methods to prevent falls in our glaucoma patients so that you may live longer and healthier. Of course, we will continue to care for you such that your vision remains as good as possible...

Sincerely,

*Pradeep Ramulu
(Principle investigator of FIGS study)*

Three Sources of Hidden Salt

1. The condiment shelf— Many people are surprised to discover that many salad dressings, sauces, dips, and condiments such as ketchup, mustard, and relish rely on high sodium to achieve a concentrated flavor. Soy sauce, for example, has about 1,160 milligrams of sodium per tablespoon, while chicken bouillon has about 1,100 milligrams per packet.

2. Cheese and other dairy products — Salt is used in making and preserving of cheeses and cheese products, yet often we don't think of them as salty. Cheese spreads often have as much as 500 milligrams of salt per serving, as can good old cheddar cheese. Parmesan, feta, and many of the other cheeses used in cooking are high in salt.

3. Canned soups, stews, and vegetables — Many flavors of canned soup, from home-style chicken to simple tomato, contain 700-1,300 milligrams of sodium per serving. French onion soup is one of the worst, with 1,300 mg per serving. One last surprise lurks in some types of canned vegetables. One can of kidney beans contains 440 milligrams of sodium.

STAFF PROFILE: ANGELINE NGUYEN

Another member of our staff is making a transition.

Angeline Nguyen is returning to her final year in Medical



School here at Johns Hopkins.

Angeline shared that her interest in functional ophthalmic research was inspired by her experience with her grandfathers loss of vision. She witnessed first hand how limiting and isolating eye disease can be. Working with Dr. Ramulu and the FIGS research has been very

satisfying for her. This year she enjoyed a bit more time to expand on old interests and pursue new ones. Angeline took up guitar and ukulele recently. She has also been running. She participated in the “Run 4 Shelter” in Chester, MD in September.

HEALTHY EATS!

Spaghetti Sauce and Pumpkin Sauce Casserole

Ingredients:

- 1 medium spaghetti squash
- 1 can no-salt-added pumpkin puree
- 2 cups no-salt-added tomato puree
- 1 tbs dried oregano
- 1 tbs dried onion flakes
- 1/2 tsp salt-free garlic granules
- Pinch of cayenne
- Pinch of cinnamon
- Smoked paprika to

- sprinkle
- 2 tbs chopped fresh basil

Directions :

1. Preheat oven to 375
2. Place whole squash into a pan and cook for 45-60 mins
3. Let cool 10-15 mins
4. Take 1/2 of squash and fork out all the strings into bowl
5. Empty pumpkin into a large pot and cook under medium flame
6. Add tomato puree and spices and stir to mix everything

7. Cook for 10 mins and stir continuously
8. Add spaghetti noodles to the pot and stir a little more
9. Add mixture to a greased casserole dish
10. Sprinkle smoked paprika over dish and put in oven for 15 mins
11. During last two minutes place oven switch on broiler
12. Sprinkle fresh basil on top and serve warm

FALLS CALENDAR RETURN: THANKS!

TWENTY PAIRS OF MOVIE TICKETS!

Eligible patients have been in the study for at least 3 months, and have returned **all** of their calendars (through mail or email) to date.