

FALLS IN GLAUCOMA STUDY

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Patient Feedback:

“Staff was great and fun.”

“Terrific study!”

“Staff was great and looking forward to coming back.”

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 300 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 16 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 and improve quality of life glaucoma 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)*

Salt is associated with higher blood pressure. About 50 to 70 million people in the U.S. have hypertension, and all of them would benefit from a low-salt diet.

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. 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.

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 PROFILES:



Charles LaBarr

Transitions are happening in the FIGS team. One of team members, Charles LaBarr, will soon be leaving to attend medical school at the War-

ren Alpert Medical School at Brown University. Charles began with a background in medical anthropology, but after some life experiences, he decided to pursue a career in medicine. As part of the FIGS team Charles worked as a recruiter and is one of members responsible for testing.

Pete Linkroum

We are also welcoming a new team member. Pete is a father of two children and

was a medic in the army. He is currently attending nursing school here at Johns Hopkins. Pete will also be involved with testing and collecting data.



HEALTHY EATS!

Spring Pea and Asparagus Pasta

Ingredients:

1 lb whole grain pasta
4 tbsp olive oil, plus more for garnish
5 shallots, quartered lengthwise and sliced very thin crosswise
2 garlic cloves, minced
1 tbsp dried onion flakes
2 cups peas
2/3 cup parmesan cheese
2 tbsp unsalted butter
2 tsp grated lemon zest
2 tsp lemon juice

1 cup mixed herbs (parsley, chives and mint)

3/4 cup toasted pine nuts

Sea salt to taste

Ground pepper to taste

Directions :

1. Prep vegetables and bring large pot of water with salt to a boil. Cook pasta for two minutes less than the directions indicate. Keep 2 cups of pasta water and drain pasta
2. Meanwhile heat olive oil in large pan over medium-high heat. Then add shallots with salt and pepper, cook until golden brown
3. Add asparagus and garlic

until asparagus is tender and bright green.

4. Stir in peas and cook (2 minutes)
5. Add drained pasta to the pan along with 1 cup of the reserved pasta water and stir
6. Remove pan heat and transfer contents to a large serving bowl. Add the cheese and butter and stir. Add pasta water as needed.
7. Stir in lemon zest, lemon juice herbs and pine nuts. Taste and adjust seasoning as needed.
8. Grate some cheese over top and garnish with black pepper and a drizzle of olive oil.

FALLS CALENDAR RETURN: THANKS!

TWENTY PAIRS OF MOVIE TICKETS!

At random we will select 10 participants to receive two movie tickets each that can be used at Regal movie theaters. Eligible participants have been in the study for at least 3 months, and have returned **all** of their calendars (through mail or email) to date. So hurry and get all of your outstanding calendars in!