

# FALLS IN GLAUCOMA STUDY

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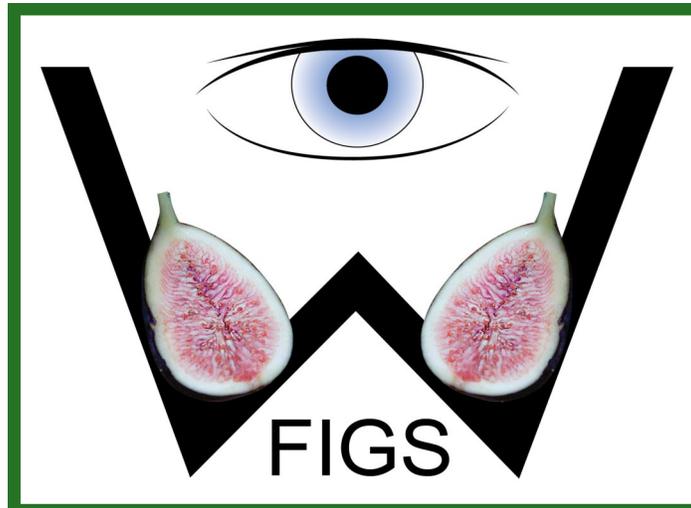
Have questions? Want to contact us or provide any feedback?

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

Or email us at:  
**FIGS3447@jhmi.edu**

Please mark your calendar for the next annual FIGS party on **Saturday, October 8, 2016!** We will send out invitations in September.

## OUR GOALS AND PROGRESS



First, we would like to thank each and every one of you for your participation in FIGS. Currently, we are about halfway finished with the third year of testing, and over 200 patients are still participating in the study!

Our group is now working very hard to analyze the information we have collected to learn what difficulties (e.g. poor balance, differences in walking) seem to be the result of vision, and which factors are associated with falls. Using our home assessment data, we found that the most hazardous room of the home is the bathroom, and the most common home hazard is poor lighting. Based on

your falls calendars, we found that nearly half of all falls result in some injury, and most home falls occur on the stairs and in the bedroom. We have already submitted some of our findings for publication so that we can share our research with other doctors and rehabilitation specialists worldwide.

We plan to collect one more year of testing data, so that by the end of the study, each of you will have completed a total of four visits. This information is extremely important, as it will inform us what changeable behaviors, physical qualities, or environmental features set people up for falls.

### Healthy Tips for Reducing Sugar Intake

- Choose beverages such as water, unsweetened tea, or coffee over sodas, juices, and energy drinks
- Reduce the amount of sugar in recipes
- Try using spices or vinegar instead of sugar to enhance flavor
- Pay attention to sugar content in the Nutrition Facts label on food
- Reduce the amount of cream and sugar you put in tea and coffee

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 also continue to care for you such that your vision remains as good as possible.

Sincerely,  
Pradeep Ramulu  
(Principle Investigator of FIGS)

## The Importance of Contrast Sensitivity

Some of the tests that we perform during your visit measure contrast sensitivity. Being able to differentiate objects that may not stand out well or seem to blend into the background is what we call contrast sensitivity. We test this by assessing your ability to distinguish increasingly finer levels of light versus dark. Most patients are familiar with the standard visual acuity test, which measures your ability to see smaller and smaller objects. Contrast, however, is an important component of visual function but is not often tested. Contrast sensitivity is especially important in situations of low lighting or glare. Nighttime driving is an excellent example of the importance of contrast in visual function.



In the above word cloud<sup>1</sup> patients with visual field loss have used these descriptors to describe vision loss. According to research, blur, glare and loss of clarity are important factors in how vision loss is experienced by patients with glaucoma. Contrast sensitivity testing is important in our study, so that we can further understand how this particular loss of visual function is related to falls.

## STAFF PROFILES:

**Andrea Yonge:** Andrea is a medical student at Johns Hopkins who is working on FIGS for a full year between her third and fourth years of medical school. She currently studies the FIGS home assessment and falls data. She has a passion for research and patient-centered care in ophthalmology, and she is particularly interested in rehabilitation and medical/surgical innovation in glaucoma. She will be applying to ophthalmology residency programs this fall. Outside of research, she is an avid dancer and rock climber.



**Aleks Mihailovic:** Many of you have already met Aleks. She joined FIGS two years ago as a biostatistician. Prior to working with FIGS she was a master's student in epidemiology at the Johns Hopkins School of Public Health. She is involved with all aspects of FIGS, but mostly with data management and analysis. Her future plans are to work on improvements in care delivery and patient outcomes. In her free time, she enjoys working-out and dancing as well as traveling and spending time with friends.



## HEALTHY EATS:

Sophie, one of our FIGS team members, wants to share her own recipe for Brussels sprouts. This recipe has been a favorite at some of work potlucks in the past. Brussels sprouts are filled with vitamins and minerals. This recipe is a great recipe for a tasty nutritious side dish.

### Steps:

1. Heat olive oil over medium-high heat until warm.
2. Add herbs and garlic according to your taste; stir.
3. Put in the Brussel sprouts and sauté for a few minutes.
4. Add a few splashes of balsamic vinegar.
5. Cook until the sprouts begin to brown.
6. Add few tablespoons of Dijon mustard until the sprouts are lightly covered.
7. Sauté for a few moments more until done.
8. Toast the almonds without burning them (separately).
9. Remove sprouts from heat and stir in almonds.
10. Enjoy delicious Brussels sprouts!

### Sophie's Sprouts

#### Ingredients:

Minced Garlic  
 Fresh Thyme, Rosemary and Sage  
 Brussels Sprouts (cut in halves)  
 Balsamic Vinegar  
 Sliced Almonds  
 Dijon Mustard  
 Olive Oil