



DECADE OF VISION
2010-2020
an initiative of the
Alliance For Eye And Vision Research

THE ALLIANCE FOR EYE AND VISION RESEARCH

In conjunction with:

AMD Alliance International

Alliance for Aging Research

Association for Research in Vision and Ophthalmology (ARVO)

European Vision Institute (EVI)

Lighthouse International

*continues its series of educational briefings on exciting new
developments in eye and vision research*

Please join us for an Eye-Healthy Luncheon Briefing

Lifestyle and Age-related Macular Degeneration (AMD)

**Recognizing International AMD Awareness Week 2011, and
featuring National Eye Institute (NEI) clinician-scientist
Emily Chew, M.D.**

Wednesday, September 21, 2011

12 Noon - 1:15 pm

House Rayburn B-340

Please R.S.V.P. to

Dina Beaumont @ 202-530-4672 or Dinabeau@aol.com

**Note: AEVR is a 501(c)3 Non-Profit Educational Foundation hosting this
widely attended event**

**AEVR's *Decade of Vision 2010-2020 Initiative* Presents a Congressional Briefing
Recognizing International AMD Awareness Week 2011
"Lifestyle and Age-related Macular Degeneration (AMD)"**

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12:00 – 1:15 pm, House Rayburn B-340

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Why is research into AMD important?

The AMD Alliance International estimated in 2010 that 33 million people worldwide experience vision impairment from age-related macular degeneration (AMD) at a direct healthcare cost of \$255 billion. AMD is the leading cause of blindness and low vision in the United States and the developed world. Since AMD affects central vision, specifically the macula in the light-sensitive back of the eye called the retina, it severely alters a person's ability to read and drive, impacting productivity, independence, and quality of life and adding greatly to cost burden. The National Institutes of Health's (NIH) National Eye Institute (NEI) estimates that 200,000 Americans each year go on to develop advanced AMD, with this number expected to double by 2020.

What are researchers discovering about lifestyle and AMD?

The global vision community is studying all aspects of AMD, from prevention of the disease to new therapies and treatment regimes. NEI has reported that people in middle-age have about a two percent risk of getting AMD, but this risk increases to nearly 30 percent in those over age 75. Risk factors include diet, obesity, smoking, race, family history, and gender. NEI's groundbreaking Age-related Eye Disease Study (AREDS) demonstrated that high levels of dietary antioxidants and zinc reduced progression to the advanced form of the disease by 25 percent. In its follow-up AREDS2 study, NEI is investigating the use of lutein/zeaxanthin (found in leafy greens such as kale) and/or omega-3 polyunsaturated fatty acids (found in fish) to further reduce disease progression. In 2010, NIH Director Francis Collins, M.D., Ph.D. reported to Congress that, "Twenty years ago, we could do little to prevent or treat AMD. Today, because of new treatments and procedures based in part on NIH research, 1.3 million Americans at risk for severe vision loss over the next five years can receive potentially sight-saving therapies."

Who will speak?

Emily Chew, M.D. is the NEI's Deputy Director of the Division of Epidemiology and Clinical Applications and Deputy Clinical Director. Dr. Chew, who serves as the AREDS2 Study Chair, is a retinal specialist having had extensive experience in designing and implementing clinical trials at the NIH Clinical Center. She also researches the genetic basis of diabetic eye disease and is working on a large clinical trial, the Actions to Control Cardiovascular Risk in Diabetes (ACCORD), which is testing the effects of tight control of blood sugar, blood pressure, and lipid concentration in the blood on diabetic eye disease.

About the Alliance for Eye and Vision Research (AEVR) and its *Decade of Vision 2010-2020 Initiative*...

In H. Res 366 and S. Res. 209 passed in 2009, Congress designated 2010-2020 as the decade of vision and noted AEVR's sustained education about the impact of eye disease through its *Decade of Vision 2010-2020 Initiative*. AEVR, a 501(c)3 non-profit foundation, is hosting this widely attended event in conjunction with:

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Alliance for Aging Research
Association for Research in Vision and Ophthalmology (ARVO)
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Lighthouse International

Join AEVR and its co-hosts for the briefing and an eye-healthy luncheon!