

Minister launches Macular Degeneration Awareness Week 2005

The many supporters of MD Awareness Week...



Professor Minas Coroneo demonstrates the Amsler Grid to Minister Abbott



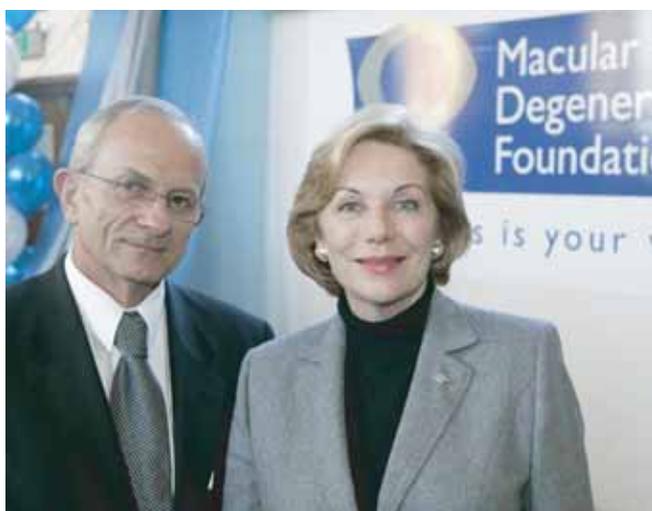
MD Foundation Volunteers Pamela and Richard

The beginning of a great week...

Macular Degeneration Awareness Week 2005 was launched in Sydney at Waverley Bowling Club by the Hon. Tony Abbott, Federal Minister for Health and Ageing on Monday 6th June.

There were over one hundred people in attendance including industry associations, supporters and sponsors, health care professionals, MD Foundation volunteers and students from nearby Waverley College.

The Minister expressed his support for the Foundation and its work with the presentation of a cheque for a four year grant of \$0.516m. Dr Paul Beaumont thanked the Minister on behalf of the Foundation.



Dr Paul Beaumont and Ita Buttrose

We take pleasure in inviting you to attend our...

2005 Fundraising Dinner

This very special evening will be held at the Shangri-La hotel Sydney on Tuesday 18th October 2005

Special Guest speaker is The Hon. Tony Abbott Minister for Health and Ageing

Tickets: \$150 per person Call: 1800 111 709

Annual General Meeting

Wednesday 19th October 2005 at 10.30am for 11am start.

Sydney Masonic Centre 66 Goulburn Street Sydney.

An open forum for input and discussion will be held over light refreshments.

RSVP essential on 1800 111 709

Out and About in the Community

In July the Foundation's educator, Alison Muir, travelled to Southern NSW including Bateman's Bay, Narooma, Bega and Cooma.

In Canberra the Foundation participated in the Canberra Blind Society's Overview 2005. The event featured low vision service providers as well as the use of technology and support services for the visually impaired. Hundreds of people have benefited from the Foundation's work.

Dr David Tridgell has been the Foundation's representative in the ACT since it was founded. He also served on the Foundation's Medical Committee. Unfortunately he will be unable to continue this role. We would like to thank Dr Tridgell for his ongoing work over the years.



State Funding Update by Julie Heraghty - CEO

In the last edition of this newsletter I undertook to keep you informed on the progress of funding from State Governments in order to continue and expand State based programs.

The MD Foundation has re-applied for its **NSW** Government Grant and is presently awaiting the outcome. This funding allows the Foundation to deliver comprehensive services to NSW.

I recently wrote to all other State Health Ministers requesting a contribution from each of \$10,000. The support is needed to enhance MD education programs in the respective States.

The **South Australian** and **Tasmanian** Governments have referred the Foundation to their State Grant Programs which the Foundation is pursuing.

The **ACT** and **QLD** have committed all current funds and have advised that they cannot assist. However, the ACT Government has invited the Foundation to submit a request for funding under the 2006/2007 budget.

The Foundation will continue to support the education program in the **Northern Territory**. In **Victoria**, on the Minister's advice, the Foundation is in discussions with the Department of Human Services. **Western Australia** is presently unable to assist but future opportunities are possible.

The Foundation would appreciate your support in obtaining State funding by writing to the Minister for Health in your respective State.

Details have been provided on the enclosed information sheet. The Foundation will continue to pursue all avenues of funding.

Better Sight Ideas by Dr Peter Herse

Make it Brighter

The catchphrase for almost all people with vision impairment is "Bigger, Bolder, Brighter." Last edition we covered Bolder. This time we talk about **Brighter**.

Brighter means adding more light onto your work surface or reading material. This increases the contrast and allows your retina to function at its best.

Increasing the light level at home can make getting about or doing things easier. You can **increase the wattage of the ceiling lights** by putting in some task lighting in the kitchen.

Motion sensors at the front door and near steps or stairs are also a great help, enabling lights to come on automatically. You can also **have a small torch in the cupboard** to help read the labels on the foodstuffs.

Small halogen reading lamps are very good for reading. One light that is truly excellent is the **Luxo Magnifying Lamp**. This lamp has a



round magnifying lens in the centre. You look through the magnifier onto your crossword or craft work with your hands free! The Luxo Lamps are available at most quality lighting stores or from your local low vision organisation such as the Royal Society for the Blind in South Australia. Contact 08 8215 0287 or visit their website at www.rsb.org.au/luxo.htm

Safety Matters: Always check the wattage of your light fitting before changing the bulb. Take care with hot light bulbs. Keep light levels constant in your home because it may take a long time for your eyes to adjust when going from a light area to a dark area.

More information can be found through a Google search on the Internet. Type in "**RNIB lighting**" into the search window and you can read the excellent lighting advice from the Royal National Institute for the Blind in the UK. Talk to you next time!

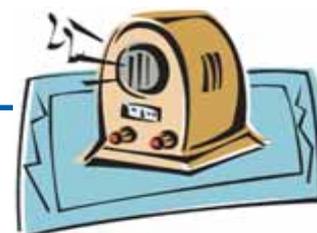
Tune-in to a Unique Reading Experience

Radio for the Print Handicapped (RPH) Australia is a unique service.

It provides daily readings of national, state and local newspapers and magazines such as Business Review Weekly and Women's Weekly.

This service is not just for people with low vision but also for those who may have trouble holding a newspaper or turning the page.

For further information and for regional stations contact 1800 060 992 or visit www.rph.org.au



CAPTIAL CITIES and Frequencies

2RPH Sydney	1224 AM
1RPH Canberra	1125 AM
3RPH Melbourne	1179 AM
7RPH Hobart	864 AM
4RPH Brisbane	1296 AM
6RPH Perth	990 AM
5RPH Adelaide	1197 AM



Our focus is your vision

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RESEARCH

In July this year a large gathering of leading retinal researchers in Montreal reported on some exciting research. It was announced that a novel drug, ranibizumab (Lucentis™), has the potential to halt and even reverse the deterioration in sight that occurs with patients suffering from Wet Age Related Macular Degeneration (AMD).

More than 9 out of 10 patients in the clinical trial maintained or improved their vision following 12 months of treatment with the experimental therapy.

This potential treatment of Wet AMD is still in its research stage and as yet is not available in Australia.

Visit www.amdalliance.org for more details.

Thank you...

The **Rotary Club of Randwick** has donated \$500 towards the Foundation's work.

\$1000 has also been donated to the Foundation by the Roselands **Golden A Club**.

Order of the Eastern Star, Hartford Chapter No.3, also donated \$500.

Disclaimer This Newsletter is produced by the Macular Degeneration Foundation Australia. It is intended as a Newsletter and its contents do not constitute medical advice and should not be relied on as such. ABN 52096255177.

How to donate to the Foundation

You can use the enclosed slip and envelope. Donations can also be made over the phone, by mail or in person.

Donations and bequests are gratefully received. Information is available for those wishing to make a bequest. All donations over \$2 are tax deductible.

Volunteers are always welcome in our Sydney office. Call **1800 111 709** to volunteer.

Eat your greens !!

Spinach leaves can be torn or cut and used raw in salads.

You can also serve it on its own or add it to sauces, omelettes, soups and quiches.



It's a great source of lutein.

WORLD RETINA DAY

24th September 2005

Did you know?

You can use a **Liquid Level Indicator** when pouring your next cup of tea or coffee.

This small device hangs over the lip of your cup and beeps when your cup is full.

Contact your local low vision organisation to purchase one for around \$21.