

**Sight Loss Services, Inc.
Cape Cod and Islands
“The CandleLight” Newsletter
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“Attitude is a little thing that makes a big difference.”

- Winston Churchill

When shopping for sunglasses, look for a tag or label that says 100% protection against both UVA and UVB or 100% protection against UV 400. UV protection is the essential piece you need to look for in a pair of sunglasses. Darkness and color do not indicate the strength of UV protection.

In addition to shades, consider wearing a hat with broad brim. They have been shown to significantly cut exposure to harmful rays.

<https://www.aao.org/eye-health/resources/articles>

News from The Macular Society in Britain

The first patients to receive a new treatment derived from stem cells for people with wet age-related macular degeneration have regained enough vision to be able to read. The study is a major milestone for the

Page 2

London Project to Cure Blindness, which was funded by the Macular Society in 2008. The two patients who underwent the procedure, a woman in her early 60s and a man in his 80s, had wet AMD and declining vision. The study investigated whether the diseased cells at the back the patients' affected eye could be replenished using the stem cell based patch. A specially engineered surgical tool was used to insert the patch under the retina in the affected eye of each patient in an operation lasting one to two hours. The patients were monitored for 12 months and reported improvements to their vision. They went from not being able to read at all even with glasses, to reading 60-80 words per minute with normal reading glasses.

The results of this groundbreaking clinical study, published in Nature Biotech, described the implantation of a specially engineered patch of retinal pigment epithelium cells derived from stem cells to treat people with sudden severe sight loss from wet AMD. It is hoped that it will also help treat dry AMD in the future.

<https://www.macularsociety.org/news/amd-patients-regain-sight-stem-cell-treatment>

Adjusting to Vision Loss

Adjusting to vision loss always means accepting that some things will be different, and that very likely includes the speed at which you get things done. It doesn't mean you can't, it just means you need to allow more time. Giving up is never the best option.

Get Organized: Whether it's your office, kitchen, or bathroom — everything has its place.

Leave Extra Time: It is no longer feasible to operate by the seat of your pants. Giving yourself a cushion in terms of time is a better way to go.

Manage Expectations: Don't overestimate how much you can realistically get done in any given time period.

Use Magnification: Make sure you have the right tools to magnify the text you encounter each day.

Automate: Set up online banking to eliminate the monthly task of writing checks and balancing accounts on paper.

Practice: Learning something new requires practice. Don't give up.

What are the different phases of a clinical trial?

Phase 1 Trial

These are the earliest trials in the life of a new drug or treatment. They are usually small trials. Phase one trials are undertaken to determine the safety of a potential treatment. People recruited to phase one trials often have advanced eye disease. This work has to be completed first, as safety is the most important issue to resolve before wider testing of the potential new treatment.

Phase 2 Trial

This type of trial tests the potential new treatment in a larger number of volunteers to learn more about how the body responds to the treatment, the optimal dose of the treatment and how the treatment affects a certain eye condition. If the results of phase two trials show that a new treatment may be as good as existing treatment or better, they move to Phase three. Determining the safety of the drug is a large component of phase two testing and sometimes phase one and phase two trials are run at the same time.

Phase 3 Trial

Treatments only move into a phase three clinical trial if phases one and two suggest that a substance might actually be useful and safe in ways that patients would regard as important. Phase three trials are usually much larger than phase one or two, sometimes involving hundreds or thousands of patients in many different settings. Phase three trials are usually randomised. This means the researchers put the people taking part into two or more groups at random. One group gets the new treatment and the other the standard treatment or a placebo (non-active) treatment.

Phase 4 Trial

Phase four trials are performed after a drug has been shown to work and has been granted a license. They are performed in order to understand more about the treatment, by evaluating its safety and effectiveness in larger numbers of patients, subgroups of patients, and to compare and/or combine it with other available treatments. The time from a phase one to a phase four trial can take many years.

<https://www.fightingblindness.ie/cure/clinical-trials>