School’s in -- and not just for children. The Penn State Hershey Eye Center is hosting its inaugural “Eye School” event this Fall and the public is invited. We’ve developed an interesting curriculum and invited nationally recognized specialists to present the lectures and discussions. We’ll even conduct an unconventional pop quiz to make sure you’ve been paying attention! Don’t worry, it will be an entertaining conclusion to your morning in school - just remember to put your answers in the form of a question.
Eye School will be held on Saturday, November 7th from 8:00 am until Noon in the University Conference Center which is across the road from the Life Lion hangar. We’ll provide a continental breakfast for all of our students before the classes begin as well as a mid-morning snack.

Some of the topics we’ll be discussing and the faculty leading those discussions are:

**How does the eye work?** - Dr. James Wilmarth will focus on the basic anatomy of the eye and how this amazing structure enables us to see.

**Common causes of vision loss** - Dr. David Quillen will discuss the effects of aging on the eye and common causes of vision loss, such as Age-related Macular Degeneration (AMD), Diabetic Retinopathy, Glaucoma, and Cataracts.

**An ounce of prevention...** - Dr. Marianne Boltz will discuss several ways we can help prevent the loss of our vision and forestall the effects of aging.

**Imaging the eye** - James Strong, BS, CRA and Timothy Bennett, CRA, OCT-T, FOPS, our Ophthalmic Photographers, will introduce you to the fascinating images of the eye which help your doctor diagnose eye conditions and diseases.
There is no fee for this event but you will need to register online at: www.hmc.psu.edu/ce/register.htm or by mailing the attached form since seating is limited to 230.

**Eye Health Tips for Students**

Students face special challenges to the eyes when they are under academic performance pressure. Prolonged computer use contributes to eye fatigue because you blink less frequently. Less blinking reduces lubrication in the eye making it feel tired, scratchy and “dry” as a result. For every 20 minutes of computer work, look away for 20 seconds, and focus on a scene or object at least 20 feet away.
Eye Health Tips for Students (cont.)

“Dry eye” is a common result of not giving your eyes enough rest while some people just naturally do not produce enough tears to keep their eyes healthy and comfortable. Symptoms of dry eye are stinging and burning of the eyes, scratchiness, excessive eye irritation from smoke or wind and excessive tearing. If you have occasional symptoms of dry eye, you should try eye drops called artificial tears to help lubricate your eyes and maintain moisture. For persistent “dry eye,” see your eye care provider.

The eye needs oxygen to keep it healthy and without it, the eye’s cornea can become inflamed and the vision blurry. Prolonged contact lens use can even lead to infections or corneal ulcers that in the worst case can permanently damage vision. Alternate wearing contacts with the use of eyeglasses during long study periods. Also, students with irregular sleep patterns can wear contact lenses made of silicon hydrogen, a new material with improved oxygen permeability, which may reduce the risk of infection and discomfort.

Source: American Academy of Ophthalmology & EyeSmart
Interesting Facts

Vision problems are common in children with hearing loss. About one-fifth of children who have a particular type of hearing loss also have visual disorders, according to a recent study. An estimated one to three children per 1,000 has some degree of sensorineural hearing loss, which occurs as a result of abnormalities in the inner ear or in the auditory center of the brain. Because children with hearing loss rely heavily on their other senses, undiscovered visual problems could have further harmful effects on their development. Eye examinations for all children with sensorineural hearing loss can lead to early diagnosis and help minimize visual problems.

Source: American Academy of Ophthalmology & EyeSmart

What’s happening in Eye Care Research?

Clinical trials that are currently underway at the Penn State Hershey Eye Center are listed on the website of the Clinical Trials Office along with contact information for each study at:

http://www.pennstatehershey.org/web/eyecenter/research/clinicaltrials