



A Publication of the Port City Lions Club  
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Web Page <http://galions.org/18b/portcity/>

## Monthly News

### New Member Orientation

There will be an informal member orientation for all new members and interested old timers next Tuesday at the Barbieri's. There will be presentations given on how Lions perform community service along with discussion on the structure of local club, the district, the state and International.

### Macular Degeneration (AMD)

#### Overview

Age Related Macular Degeneration - or AMD - is an eye disease that causes loss of central vision, leaving only peripheral, or side, vision intact. It usually does not lead to total blindness. Whether you have the more common "dry" form of AMD or the more severe "wet" form, it is important to know the facts about AMD and what you can do to make the most of your sight. Information on early detection, timely treatment, comprehensive rehabilitation and support services.

**AMD comes in two types - the "DRY" form and the more severe "WET" form.**

Dry AMD, the more common and milder form of AMD, accounts for 85% to 90% of all cases. It develops gradually over time and usually causes only mild loss of vision. One key identifier for AMD is the collection of small, round, white-yellow, fatty deposits called drusen in the central part of the retina, the macula. Drusen accumulate in the Retina Pigment Epithelium (RPE) tissue beneath the macula and the macula thins and dries out. The amount of vision loss is related to the location and amount of macular thinning caused by the drusen. Sometimes abnormal new blood vessels form (so called choroidal neovascularization - see below). It is therefore important for individuals with dry AMD to have their eyes examined regularly, because the dry form may eventually develop into the wet form.

Although the wet form of AMD accounts for only 10 - 15% of all AMD, the risk of severe sight loss is much greater. Wet AMD is responsible for 90% of cases of severe vision loss associated with AMD. It is caused by the growth of abnormal blood vessels, or choroidal neovascularization (CNV), under the macula. These abnormal vessels leak fluid and blood into the tissue at the back of the eye, causing a blister to form in the retina. The resulting scar tissue leads first to distortion and eventually to loss of central vision. Wet AMD can rapidly damage the macula

and result in a very quick loss of central vision.

Based upon the pattern of the blood vessel leakage, your doctor may classify your wet AMD as "classic" or "occult". In pure classic CNV, the blood vessels that are involved can be seen distinctly. In the pure occult form, it is impossible to locate the leaking vessels. Often patients present a combination of both occult and classic CNV with a portion showing a defined site of leakage and another portion being obscured.

The vision loss symptoms experienced with wet AMD and the availability of treatment options depend on the type of AMD but also on the location of the leakages. For wet AMD we distinguish between three different locations based on the distance between the CNV and the central part of the macula, the fovea. The three locations are: subfoveal, juxtafoveal and extrafoveal. Subfoveal, is CNV that lies directly below the fovea. Juxtafoveal and extrafoveal CNV lie progressively further away from the fovea (but still within the macula).

#### Prevention

Given that there is currently no cure for AMD and treatment options are limited to therapies to halt the progress of the condition prevention needs to be a key objective. Even though the precise causes of AMD remain unknown there are a number of risk factors that contribute to the likelihood of developing AMD.

Whether we are dealing with avoidable risk factors (such as smoking or poor diet) or unavoidable risk factors (such as increased age and genetic predisposition) it is essential to raise awareness in the general population so that people can make informed lifestyle choices.

#### Early Detection

Also, whether or not people fall in one of the high risk categories, a key message needs to be the importance of early detection. Wet AMD can lead to severe sight loss within as little as three months (anecdotal evidence suggests as little as a few days in some extreme cases). Early detection ensures that all treatment options remain available. Regular eye tests are therefore an absolute necessity.

#### Check Your Eyesight

The Amsler Grid is a chart that may be helpful in revealing signs of wet age-related macular degeneration (AMD);

*(Continued on page 2)*

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### Birthdays and Anniversaries

**Anniversary**  
 None in September

**Birthday**  
 Rick Mizell  
 Danny Morris

**September 16**  
**September 26**

# PORT CITY LIONS CLUB

## SEPTEMBER 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																																										
	<b>1</b>   Labor Day	<b>2</b> 7:00 PM Business Meeting	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>																																																																																																										
<b>7</b>	<b>8</b> "Scotch" Tape Invented (1930)	<b>9</b>	<b>10</b> Sewing Machine Patented (1846)	<b>11</b>	<b>12</b>	<b>13</b>																																																																																																										
<b>14</b>	<b>15</b>	<b>16</b> 7:00 PM Regular Meeting Rick Mizell's Birthday Typesetting Machine Patented (1857)	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b> Electric Range Patented (1859)																																																																																																										
<b>21</b>	<b>22</b>   Autumn begins	<b>23</b> 7:30 PM Board of Directors Meeting	<b>24</b>	<b>25</b>	<b>26</b>   Danny Morris' Birthday	<b>27</b> Answering Machine Invented (1950)																																																																																																										
<b>28</b>	<b>29</b>	<b>30</b> 5th Tuesday Rosh Hashanah	<table border="1" style="margin: auto; border-collapse: collapse;"> <tr><th colspan="7">Aug 2008</th></tr> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th></tr> <tr><td></td><td></td><td></td><td></td><td></td><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr> <tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr> <tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr> <tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td></tr> <tr><td>31</td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </table> <table border="1" style="margin: auto; border-collapse: collapse;"> <tr><th colspan="7">Oct 2008</th></tr> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th></tr> <tr><td></td><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr> <tr><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr> <tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td></tr> <tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td></td></tr> </table>				Aug 2008							S	M	T	W	T	F	S						1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31							Oct 2008							S	M	T	W	T	F	S					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
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however, it is not a substitute for regularly scheduled eye exams. The chart looks like a piece of paper with dark lines that form a square grid with one dot in the middle.

FIG 1. Small Amsler Grid - square grid with one dot in the

### Activities

- September 2     7:00 P.M. Business Meeting.
- September 6     Broom Sale
- September 16    7:00 P.M. Regular Meeting.
- September 23    7:30 P.M. Board of Directors Meeting.
- September 30    5th Tuesday
- October 7        7:00 P.M. Business Meeting.

middle.

