Message from the Chair
Welcome to the inaugural newsletter of the Nutrition, Disease Prevention & Wellness Special Interest Group (NDPW SIG). Our goal is to provide up to date information on upcoming SIG activities, feature novel nutritional research about the impact of nutrition and lifestyle on ocular and systemic disorders, and meet the needs of our expanding membership.

We are working to increase and improve our member benefits. All SIG members are invited to share their ideas and recommendations. Please take a moment to complete our member survey so we can learn how to better serve the needs of you and your patients.
Link: Access Member Survey Here
Due date: October 25, 2018

Save the Date

Nutrition, Disease Prevention & Wellness SIG Symposium:
Omega-3 Fatty Acids in Eye & Systemic Health
Thursday November 8, 2018 3:00 to 5:00 PM
Room 217 C/D

This symposium will consider emerging research into the importance of omega-3 fatty acids in the prevention and amelioration of three public health epidemics: cardiovascular disease, Alzheimer’s disease, and age-related macular degeneration, presented by experts in each of these areas. Moderator: A. Paul Chous, MA, OD, FAAO, CDE (Chair, NDPW SIG).

Speakers:
✦ George Perry, PhD
Dean and Professor of Biology and Chemistry
Semmes Foundation Distinguished University Chair in Neurobiology,
College of Sciences, University of Texas at San Antonio
Editor-in-Chief, the Journal of Alzheimer’s Disease
✦ William Harris, PhD
Adjunct Senior Scientist, Sanford School of Medicine, University of South Dakota
President, OmegaQuant Analytics, LLC
✦ Stuart Richer, OD, MS, PhD, FAAO
Associate Clinical Professor, Family Medicine, Rosalind Franklin University of Medicine & Science / Chicago Medical School, North Chicago, IL
Residency Coordinator, Navy Primary Eye Care / Ocular Disease, Capt James Lovell Federal Health Care Facility
President, Ocular Wellness & Nutrition Society
Nutrition, Disease Prevention, and Wellness SIG Business Meeting  
Thursday November 8, 2018 5:00 to 6:00 PM  
Room 206B, Meeting Level of the Convention Center.

Interested in increasing your nutrition knowledge? Want to be more active within the SIG? Just curious what we do at these meetings? Everyone is welcome! We want to hear your suggestions, ideas, and feedback. We will also discuss the results and recommendations from our Member Survey. Please join us immediately after the SIG Symposium.

Exhibit Hall Booth at Academy 2018

Shared Booth with Vision in Aging SIG in Exhibit Hall

Our SIG is planning to share an exhibit hall booth with the Vision in Aging SIG, as we did at AAO 2017 Chicago. This helped us keep the booth staffed during all exhibit hall hours. If you are interested in volunteering to help staff our booth, please email the SIG Vice Chair April Lewis at aprilmlewisod@gmail.com.

Booth Activities

“Maximizing Ocular Health” handout: If you missed out on this amazing member benefit last year, please stop by the booth to pick one up. The handout discusses nutritional and lifestyle recommendations for healthy eyes and can be a great base for patient education.

OmegaQuant information and discount: OmegaQuant is a laboratory that offers the “omega-3 index” test. It measures the omega-3 fatty acid content of red blood cell membranes which provides insight into individual cardiovascular and ocular disease risk. Bill Harris, PhD of OmegaQuant will be speaking at this year’s NDPW SIG symposium and will extend a 40% discount on testing for doctors and scientists attending our symposium and for interested AAO attendees who join the NDPW SIG at our exhibit hall booth during the meeting. For more information, please attend our symposium titled “Omega-3 Fatty Acids in Eye & Systemic Health” on Thursday, November 8 from 3-5 PM at the Henry B. Gonzalez Convention Center, Room 217 C/D. A limited number of Omega-3 blood test kits will be available after the symposium on Thursday, or at the booth on Friday.

Academy 2017 Chicago Recap

The Vision in Aging SIG and the Nutrition, Disease Prevention & Wellness SIG presented a joint symposium: AGING AND NUTRITION IN MODERN EYE CARE. Nutrition in eye care has become an integral part of modern eye care practice. Eye care practitioners increasingly make nutrition supplement recommendations for their older patients. There are many considerations unique to older adults with general and ocular nutrition needs along with relevant clinical information beyond AREDS. Speakers included Stuart Richer, OD, FAAO, Emily Chew, MD, Billy Hammond, PhD.

The Comprehensive Eye Care Section and the Nutrition, Disease Prevention & Wellness SIG also presented a joint symposium: NUTRITIONAL INFLUENCES ON EYE HEALTH. This symposium sought to explore how nutritional factors influence systemic and ocular health down
to the cellular level resulting in disease. Epigenetics, metabolomics, and functional integrative medicine were discussed. The symposium aimed to address how the comprehensive eye care provider can improve patient care to prevent vision loss and blindness. Speakers included Stuart Richer, OD, FAAO, Kim Allan Williams, MD, Diana Shechtman, OD, FAAO.

**Mission**
The mission of the Nutrition, Disease Prevention and Wellness SIG is to promote excellent patient care with lifestyle and nutritional support for prevention and management of eye diseases and related systemic disorders through professional education, scientific investigation, and multidisciplinary collaboration. We strive to foster camaraderie and mentorship for students, doctors, and researchers interested in nutritional science as it relates to eye care.

**SIG Leadership**
Chair: A. Paul Chous, MA, OD, FAAO
dr_chous@diabeticeyes.com

Vice Chair: April M. Lewis, OD, FAAO
aprilmlewisod@gmail.com

Immediate Past Chair: Kimberly K. Reed, OD, FAAO
kimreed51@gmail.com

Committee Member: Nidhi G. Satiani, OD, MS, FAAO
nidhi.satiani@gmail.com