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Donate to the Foundation

As a charity, the MD Foundation relies on donations, bequests and sponsorship to fund its operations. A donation slip and reply paid envelope is included with this newsletter for your convenience.

An easier and quicker option is available by calling the Foundation to make a credit card donation. All donations over \$2 are tax deductible.

The MD Foundation would like to say a big thank you to all who have donated so far in 2006!

A special thanks!

A special thank you to the Doll Collectors Club of NSW Inc who chose to donate the proceeds of its Annual Doll Fair to support the Foundation's work. Over 1,500 people attended the 25th Annual Doll Fair, held on 29 and 30 July 2006 at the Blacktown Leisure Centre, Stanhope Gardens.

Below - the 25th Annual Doll Fair



Do you belong to an organisation in your local community which fundraises for charity? If so, you may consider supporting the MD Foundation in your next fundraising project.

2006 Annual Fundraising Dinner

Thursday 12 October 2006 - 6:30 for 7:00 pm

Shangri-La hotel Sydney

176 Cumberland Street, The Rocks

Guest Speaker - **Hon Malcolm Turnbull MP**
Parliamentary Secretary to the Prime Minister

Master of Ceremonies - **Jean Kittson**

Tickets \$150 per person / Dress Black Tie

To book your ticket call
the MD Foundation on 1800 111 709



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.

What is an Ophthalmologist? - by Dr Jennifer Arnold

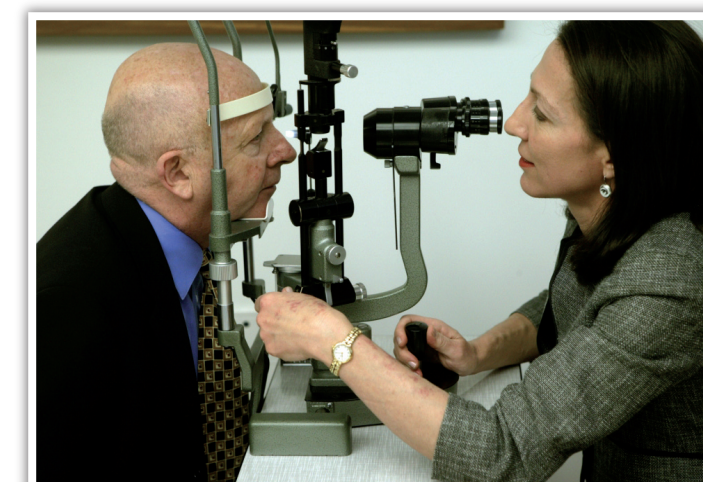
An **ophthalmologist**, also known as an ophthalmic surgeon, is an 'eye doctor' who specialises in diagnosing and treating problems relating to vision.

It normally takes a minimum of fifteen years to become an ophthalmologist. All eye specialists have first studied general medicine and surgery at university and worked for several years before being considered for specialist training in ophthalmology. This specialist training currently takes five years. The doctor will work in an eye hospital or within the eye department of a general hospital. During this time their work is closely supervised and monitored. Qualified ophthalmologists in Australia become members (known as 'fellows') of the professional association, the Royal Australian and New Zealand College of Ophthalmologists (RANZCO) and are registered as specialists by the medical registration board in each state.

When you visit your ophthalmologist, generally the first person you will meet is the doctor's assistant who is usually an eye nurse or an orthoptist. The assistants will do preliminary tests and prepare your eyes using drops to measure your eye pressure and to dilate your pupil so that the doctor can examine your retina.

People with retinal diseases such as Macular Degeneration will often have several tests to examine the retina in

the back of the eye. These include photographs of the retina, often taken after a yellow dye has been injected into a vein in the arm, in a test known as fluorescein angiography. Another common test for MD patients is an ocular coherence tomogram (OCT) which is a scan of the thickness in your macula.



Optometrists and opticians are also trained eye health professionals. An optometrist performs eye exams for both vision and health problems, prescribes spectacles and fits contact lenses. Some optometrists have further specialisation in low vision rehabilitation. They can detect eye diseases and refer patients to ophthalmologists for treatment. Opticians are experts in making (or dispensing) spectacles.

The MD Foundation has a list of questions you may like ask your ophthalmologist at your next visit. Please call 1800 111 709 for more information.

Breaking News

2006 Annual Fundraising Dinner

Well known actor and comedian Jean Kittson (pictured below) will be the Master of Ceremonies at the MD Foundation's Annual Fundraising Dinner to be held on World Sight Day, Thursday 12 October. The Hon Malcolm Turnbull MP, Parliamentary



Secretary to the Prime Minister, will also attend the dinner as a guest speaker on the night.

See the back page for details on how you can book a ticket.

Coming to a cinema near you!

The MD Foundation will implement a national cinema advertising campaign to coincide with International Age-related Macular Degeneration (AMD) Awareness Week 18 to 22 September. AMD Alliance and its global sponsor Novartis Ophthalmics will partner the MD Foundation on this project. The cinema campaign will be complemented by television and radio community service announcements broadcast on Australian networks.

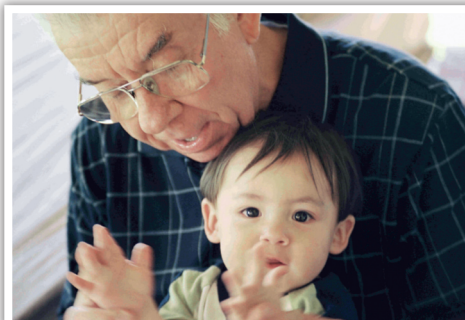
Following the International AMD Week campaign the Foundation will continue the cinema project in partnership with Luxottica Retail. This project will run for a total of 6 weeks.

Have you told your family about MD?

If you have Macular Degeneration, it is important that you discuss the disease with your family. As MD has a strong hereditary link, talking to your loved ones will allow them to take steps in order to reduce their risk of developing Macular Degeneration.

This will also help your family to better understand the disease and how it

affects your day to day life, helping them to be mindful of your needs.



If anyone in your family is interested in learning more about MD, they can call 1800 111 709 to receive a free information pack. The Foundation's upgraded website

www.mdfoundation.com.au also has a wealth of information on the disease.

MD Foundation Annual General Meeting

Join the MD Foundation at the 2006 Annual General Meeting:

When	Friday 13 October 2006 - 10:00am to 11:00am
Where	Doric Room, Sydney Masonic Centre, 279 Castlereagh Street, Sydney
RSVP	By Friday 15 September on 1800 111 709 (essential for catering) All Welcome - Morning tea provided

My Experience with MD - Alan Still

I lost the complete central vision in both eyes one day in 2000 with no warning. My wife and I had never heard of Macular Degeneration. After a few months, we found aids such as reading machines, torches and computer enlargement programmes, so we decided that we should work to make people aware there was an eye disease called Macular Degeneration.

I first produced a half hour CD to assist carers and those with MD, on ways to manage the disease. After a visit to the MD Foundation in Sydney, I decided that with the assistance of my Rotary Club, Burleigh Heads we would distribute Amsler Grids in our area during MD Week in June 2005. We distributed some 5,000 Grids in shopping centres.

After again being in touch with the MD Foundation Sydney, I learnt that MD Kits were being distributed as part of the next Macular Degeneration Awareness Week. As a Rotary Club of Burleigh Heads

project, we asked all 54 Rotary Clubs in our District, from Grafton to the Gold Coast to send us a list of the contact details of Doctors and Pharmacies in their area. Over 30 Clubs provided lists and we believe that many thousands would have been made aware of MD in the area, as part of the MD Awareness Week campaign.

I also believe that the MD Education Tours are an excellent promotional tool as besides making people aware of MD they also display aids which assist people in leading active lives. I know because I too lead a very active life.

Right - Alan and fellow members of the Rotary Club of Burleigh Heads are valued supporters of the Foundation. We appreciate all support received from service clubs.



Wet Treatments for Macular Degeneration

Over the last couple of months there has been significant media coverage on treatments for Macular Degeneration, including stories on radio and television.

The Foundation would like advise the MD community that the treatments referred to in the media are specifically for people with Wet Macular Degeneration. These drugs are not appropriate for those with the Dry (slowly progressing) form of the disease.

For more information on treatment options for Wet MD, please contact the Foundation to receive a free copy of Treatment Options for Wet Macular Degeneration. Call 1800 111 709 to place an order. This can also be downloaded from the MD Foundation's website www.mdfoundation.com.au.

Treatment options for the Wet form of Macular Degeneration should be discussed with your ophthalmologist.