

# The Lions Eye

A Publication of the  
Lions Eye Foundation of California-Nevada, Inc.



Fall 2015

## DIABETES

Diabetes is a growing epidemic costing at least \$245 billion annually in the United States. Nearly 10% of Americans are now diabetic, with Hispanics and Asian-Americans among the most affected populations. With the surge in diabetes rates, diabetic retinopathy has become a leading cause of blindness in the United States, affecting over 4 million people with diabetes age 40 or older.

Eric Hernandez is part of a team that recently conducted a pilot project to provide diabetes education to the diverse patient population at the Lions Eye Clinic, most of whom are from low socioeconomic backgrounds and lack access to adequate primary care. This prospective cohort study of underserved diabetic patients assessed the impact of various diabetes education modalities in the context of ophthalmology clinic visits. Patients received education via an iPad “app” and/or a personal session with a diabetes educator/dietitian.



Eric Hernandez, RD, Adolfo Rodas, Dr. Ken Downes, MD

In the pilot program, the group who met one-on-one with a diabetes educator/dietitian showed a statistically significant improvement in diabetes knowledge and a trend towards improvement in blood sugar control. Through less effective at improving diabetes knowledge, the iPad app proved successful at enhancing patient satisfaction with their clinic experience and both groups felt more motivated to manage their disease after receiving diabetes education as part of their ophthalmology clinic visit.

One such patient is Adolfo Rodas, age 60, who recently revealed that he had developed proliferative diabetic retinopathy and was at risk of going blind, prompting referral to the Lions Eye Clinic. Prior to his Lions visit, Rodas decided to do everything to save his eyes, refusing to eat all the foods he thought would be harmful, even reducing healthy foods that were okay to eat. “I just didn’t know what I could eat, and thought I had to eliminate all carbs, that it was all or nothing.” When he came to his appointment at the eye clinic, his name was first called not by an ophthalmologist, but rather by Eric Hernandez, a registered dietitian. Mr. Rodas was concerned as this was not his usual experience at the clinic, but he and his adult son followed the dietitian into a conference room.

In a matter of seconds they were glad that they did. The dietitian could answer food questions, clarifying what and how much food he could eat to better control his blood sugar, helping to reduce further eye damage. “You hear Eric tell dad, yes, you can have a few tortillas, and chicken will not raise your blood sugar like

*Mission Statement: “The Lions Eye Foundation preserves and restores the gift of sight by providing free ophthalmic examinations, operations and medications to the less fortunate members of our community.”*

## ***DIABETES (continued)***

you thought it would. It will help you if you use these carbohydrate counting guidelines,” the son states. The patient shared his insulin regimen and a detailed education session took place. Four weeks later, the patient greeted the same dietitian with a huge smile. “I have made some big diet changes and feel good.” He adds, “It all makes sense now, and together with my medical clinic back home, I know the Lions Eye Clinic also cares about what I eat and about my blood sugar.” Rodas goes on, “we have to tell people about nutrition, every person, every one of us is like fire wood, each adds to building a bigger fire, a bigger message for all to hear.”

Based on our results, as well as the overwhelmingly positive reviews from participating Lions patients like Mr. Rodas, the team at Lions has recently been approved for two additional years of funding to continue the in-person diabetes education sessions for all diabetic patients at the Lions Eye Clinic. We believe that embracing prevention in this relatively low-cost manner will be the best approach to reduce our patients’ risk of severe vision loss and other drastic downstream effects of diabetes.

This diabetes education program will continue to provide important insight into the role that eye health professionals can have in overall management of diabetes. A visit to our retina clinic has wait-time built in for pupil dilation and often encompasses 2-3 times the total time in a medical setting when compared to a primary care visit. If the utilization of wait time (including pupil dilation) for diabetes education at Lions continues to be successful, it could lead to a new standard of practice in which eye offices serve as a hub for non-ophthalmic diabetes services, alleviating some of the pressure placed on time-strapped primary care providers. Similarly, this model could be adaptable to other subspecialties that manage the long-term consequences of diabetes and other chronic illnesses that are seeking to embrace prevention and/or improve patient satisfaction with their clinic experience.



**Aileen Sy, MD**

### ***LEF Resident Aileen Sy, M.D.***

Aileen Sy, MD, grew up in Southern California, and received her undergraduate degree from Harvard University in Biochemical Sciences. She returned to California for her medical degree at University of California, San Francisco. During her medical training, Dr. Sy had her first experiences with ophthalmology at CPMC, and was so impressed by the field that she decided to take a year to pursue a research fellowship in ophthalmology at the Proctor Foundation at UCSF. Through this experience, she developed an

interest in both clinical research and international work, and most importantly, her commitment to the field of ophthalmology.

Since joining the ophthalmology residency program at CPMC, Dr. Sy has continued to pursue her interest in clinical research and presented posters at both the American Glaucoma Society and Association for Research in Vision and Ophthalmology annual meetings this past year. She is currently concluding her rotation at Highland hospital, where she never ceased to be challenged by fascinating cases and found a real enjoyment for operating under the careful instruction of her Highland attendings. She is looking forward to traveling during her elective time to further explore international opportunities. Outside of medicine, Dr. Sy enjoys being the sous-chef for her very talented husband, playing the violin and piano, and karaoke.

## Meet Lion Kertice Poon

Lion Kertice Poon, a member of the Novato Lions Club, a mother of a son and grandmother of two handsome grandsons, is a native of San Francisco, educated in the City and attended San Francisco City College.

Lion Kertice worked for Wells Fargo Bank for 18 years, beginning as a teller and at the end of her employment with the Bank she left as Assistant Vice President. She went on to the Bank of America as the Manager of the Noriega and 31<sup>st</sup> Avenue Branch. In 1996, Lion Kertice started her own business, K. Poon and Associates, providing financial services to busy individuals and the elderly.

In 1995 Lion Kertice was sponsored into the Novato Lions (formerly Breakfast 7-Uppers). She has held several positions within the club including President, Secretary, Treasurer and Tail Twister. In 2003, Lion Kertice chaired one of the largest fundraisers ever held by the Novato Lions. Lion Kertice is a two-time honored Club Lion of the Year and has been rewarded with the President's Excellence Award.

As Zone Chairperson, Lion Kertice coordinated the first joint venture with Guide Dogs for the Blind in San Rafael in support of their 60<sup>th</sup> Anniversary Open House Celebration. During the two-day event, the Marin County Lions Clubs served 1,844 barbeque lunches.

In 2007-08, Lions Kertice served as the District Cabinet treasurer for PDG John Posey. She received a special Helen Keller Award and Certificate of Appreciation from the International President.

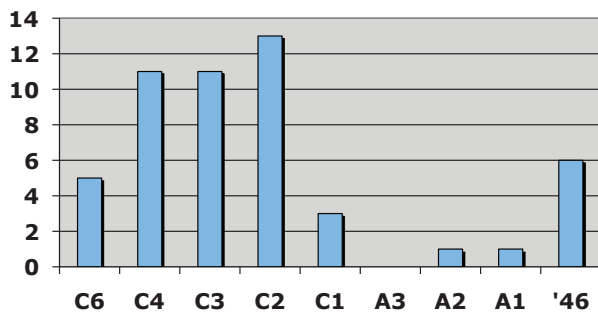
Lion Kertice became an advisor on the Lions Eye Foundation in 2013 and is on the Budget and Finance Committee. For the past year Lion Kertice has been in charge of Accounts Payable for the Foundation, taking on the responsibility of reviewing and paying invoices from those in charge of various services for LEF such as Mark Paskvan, Program Coordinator and John Schroeder, Executive Director. Lion Kertice works closely with Lion Leila Chow, Treasurer for LEF, using GAAP (Generally Accepted Accounting Principles) and Auditors recommendations to provide timely and accurate financial records.



Lion Kertice Poon

### Statistics and Leverage

Number of Patients by District  
from 7/1/15 9/30/15



Total number of Patients ----- 51  
 New Referrals ----- 79  
 Actual Dollars Spent --- \$115,280  
 Estimated Value ----- \$1,495,600

LEVERAGE 13:1

#### Fast Facts

- The most prevalent surgery was for cataracts
- There were 19 surgeries for retina, cornea or strabismus problems that would have cost \$25,000 - \$35,000 each
- The youngest patient was 14 years old; and the oldest was 85 years old
- There were also 20 Laser Procedures and 143 Intravitreal injections, 2 minor surgeries and 435 Ophthalmic procedures with an estimated value of \$206,100 (incl. in \$'s above)

### Acknowledgements and Thanks

#### July - September 2015

##### Memorial Donations (at least \$200)

Anonymous • Sally Torrito Wong

##### New and Progressive Helen Keller Fellows:

• None

##### Capital or General Donations (at least \$200)

- Sutter Care at Home • Geneva Excelsior Lions Club
- Park Presidio Lions Club • San Lorenzo Lions Club
- Watsonville Pajaro Valley Lions Club

##### General or Capital Campaign Donations (at least \$1000)

- Danford Foundation • Freedom Lions Club
- Scotts Valley Host Lions Club

##### Capital Campaign Don Stanaway Fellows

• 29 total (26 from Freedom Lions Club)

##### New Don Stanaway Life Members:

• 30 total (17 from Freedom Lions Club and 10 from Scotts Valley Host Lions Club)

##### Total Received:

<b>General Fund</b>	<b>\$16,300</b>
<b>Capital Campaign</b>	<b>\$84,590</b>



P.O. Box 7999  
San Francisco, California 94120  
www.lionseyefoundation.com  
**(415) 600-3950**

#### **Officers & Key Personnel**

President – Dennis Noble  
First Vice President – John Posey  
Second Vice President – Mike Rogalski  
Treasurer – Leila Chinn  
Secretary – Jan Ahearn  
Executive Director – John Schroeder  
Program Coordinator – Mark Paskvan



#### **Contributors**

Editor – Pat Neal  
Photography – Fred Sommer, John Schroeder, Mark Paskvan  
Articles – Mark Paskvan, John Schroeder  
Contributor – Fred Sommer  
Layout & Production – Roger Weiner  
Printing – Forté Press Corporation, Burlingame  
Distribution – Precise Mailing, S. San Francisco

***For More Information: [www.lionseyefoundation.com](http://www.lionseyefoundation.com)***

### ***Letter From The Editor***



**Pat Neal**

Apologies are due Mary Lanier from California Pacific Medical Center. In the previous newsletter it was written that Ms. Lanier was Chief Administrative Offer at CMPC. Ms. Lanier is in fact Chief Administrative Officer of the Davies Campus and Vice President of Specialty Services at CPMC. Please accept my apologies as I hope this has caused no one any undue embarrassment.

The Lions Eye Foundation is continuously looking for patient referrals. There are many ways to find these patients but here is just one suggestion offered by Executive Director John Schroeder. He asks, “Do you have free clinics in your area that serve patients in need of eye care? While most communities do have clinics that service the indigent they would welcome a referral source such as the Lions Eye Foundation to help their patients get the eye care they need. There is a great need in this area as evidenced by the number of clinic referrals from Marin County after a clinic there was recently contacted. Please consider this outreach for your community. The Lions Eye Foundation referral process, including all forms for referring a patient, is available online at [www.lionseyefoundation.com](http://www.lionseyefoundation.com). If you have any questions, please contact your local LEF Trustee or Advisor.”