

**Sight Loss Services, Inc.
Cape Cod and Islands
The CandleLight Newsletter
April 2025**

“Spring has returned. The Earth is like a child that knows poems.”

- Rainer Maria Rilke

The staff and clients of Sight Loss Services send our sincere condolences to the family of Jane Davenport, who passed away on Feb. 21, 2025. Jane and her late husband Palmer created the Davenport Foundation, through which many non profits on the Cape have benefited. Through the years Sight Loss Services has been helped greatly by the generosity of the Davenport Foundation, enabling us to help so many of our clients and others who suffer from the many degrees of vision loss.

FDA approves Roche’s Susvimo continuous delivery treatment for diabetes-related blindness

Susvimo is the first and only continuous delivery treatment that offers an alternative

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to regular eye injections to treat diabetic macular edema (DME). With as few as two treatments per year, Susvimo may help people with DME maintain their vision. The US Food and Drug Administration (FDA) has approved Susvimo® (ranibizumab injection) 100 mg/mL for the treatment of diabetic macular edema (DME). Susvimo is the only FDA-approved treatment shown to maintain vision in people with DME with fewer treatments than standard-of-care eye injections. The FDA decision was based on positive one-year results from the phase III Pagoda study, which showed that Susvimo demonstrated sustained vision improvement in people with DME. In Pagoda, people with DME who received Susvimo refilled every six months achieved non-inferior improvement in vision compared with those receiving monthly 0.5 mg ranibizumab intravitreal injections. Susvimo provides continuous delivery of a customized formulation of ranibizumab via the Port Delivery Platform, while other currently approved treatments may require eye injections as often as once per month. Susvimo is a refillable eye implant surgically inserted into the eye during a one-time, outpatient procedure.

Breathing and vision may be linked

Researchers at Karolinska Institutet in Sweden have discovered a fundamental mechanism that affects the size of the pupil, namely our breathing. The study, published in the *Journal of Physiology*, shows that the pupil is smallest during inhalation and largest during exhalation—something that could affect our vision. Like the aperture in a camera, the pupil controls how much light reaches the eye. The pupil is smallest around inhalation onset and largest during exhalation "This mechanism is unique in that it is cyclical, ever-present and requires no external stimulus," explains Artin Arshamian, associate professor at the Department of Clinical Neuroscience, Karolinska Institutet, who led the research. The researchers are now investigating whether changes in pupil size during breathing also affect vision. Previous research shows that smaller pupils make it easier to see details, while larger pupils help us find hard-to-see objects. There may also be clinical applications, according to the researchers. "One potential application is new methods to diagnose or treat neurological conditions such as Parkinson's

disease, where damage to pupil function is an early sign of the disease," says Artin Arshamian. "This is something we want to explore in the future."

**Breathing and vision may be linked
(medicalxpress.com)**

Researchers at the University of Nevada, Reno School of Medicine and the University of Washington, Seattle, have uncovered a connection between light and blood flow in the eye. The Gonzales Lab at UNR Med, led by Albert Gonzales, Ph.D., assistant professor of physiology and cell biology, spearheaded this study, (with Ahmed Eltanahy, M.D., and current postdoctoral scholar Alex Aupetit, D.Sc., Ethan Buhr, Ph.D., and Russell Van Gelder, M.D., Ph.D.), opening the door to non-invasive treatments for common eye diseases. "Our research demonstrated that light-sensitive choroidal vasculature helps modulate blood flow, facilitating efficient nutrient delivery and waste removal. This process is vital for maintaining retinal health." Aupetit said. The team is now exploring the therapeutic potential of these mechanisms.

How light could transform eye health | University of Nevada, Reno (unr.edu)

From the National Eye Institute

The Administration’s decision to cap NIH indirect cost reimbursements at 15% threatens vital biomedical research, jeopardizing scientific progress, research jobs, and future medical breakthroughs. Indirect costs fund essential infrastructure, lab maintenance, and research staff—without them, institutions cannot sustain critical studies. We need Congress to take immediate action to stop this devastating policy change.

Sight Loss Services Donations

Sight Loss Services, Inc. does not charge for the services it provides for those with vision loss. We do, however, rely on the generosity of people donating to keep our non-profit 501c organization going. Will you help to support us? If so, please make your check payable to “Sight Loss Services, Inc.” and mail to 900 Route 134, Unit 3-25, South Dennis, MA 02660.

Thank you for your support!

May is Healthy Vision Awareness Month

The top 5 ways to protect your vision as you age:

- 1. Eat a Healthy Diet**
- 2. Wear Sunglasses**
- 3. Quit Smoking**
- 4. Schedule Regular Eye Exams**
- 5. Know Your Family Eye Health History**

If you are over age 40 and it has been more than one year since your last eye exam, please schedule one today! Financial assistance is available. Please contact us.

Please visit the Sight Loss Services table at the following locations:

Eastham Health Fair

Friday, May 9th, 10am – 1pm

Eastham Elks Lodge, McCoy Road

Brewster Health Fair

Friday, May 16th, 2pm – 4pm

Brewster Council On Aging, 1673 Main St.

If you are visually impaired and wondering how you will continue to maintain a garden or even begin a garden, here are some tips for you provided by our friends at VisionAware. You will be surprised to learn that there are a number of things you can do to simplify the process and ensure that your flowers and plants will abundantly flourish. You will also be surprised at how much enjoyment you will get in return for your adaptive techniques such as:

Use Colorful and Tactual Borders

Use textured and/or colorful materials such as crushed white marble chips, natural wood chips, and crushing seashells. Old car tires can contain spreading plants like pumpkins and squash.

Try Container Gardening

Consider container gardening or using raised plant beds. This will restrict the area you need to maintain and help create solid boundaries.

Contact us at 508-394-3904 to request the complete Gardening Tips Large Print Booklet.

Return Service Requested
Sight Loss Services, Inc.
Town Plaza, 900 Route 134, Unit 3-25
South Dennis, MA 02660

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mailing list please call:
(508) 394-3904 or
email: info@sightloss.org**