

Veo, Veo (I See): Understanding the Eye Health Education Needs of Older Hispanics/Latinos



National Eye Institute



National Eye Health
Education Program
NEHEP

*A program of the National
Institutes of Health*

Today's speakers



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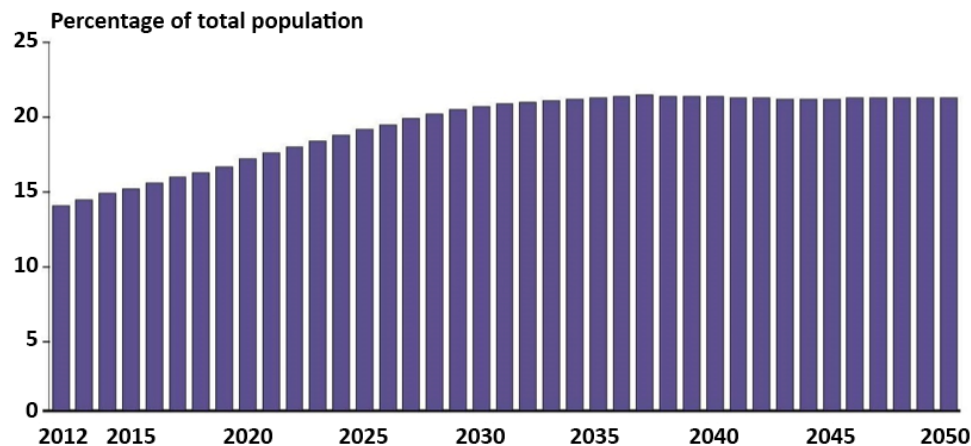
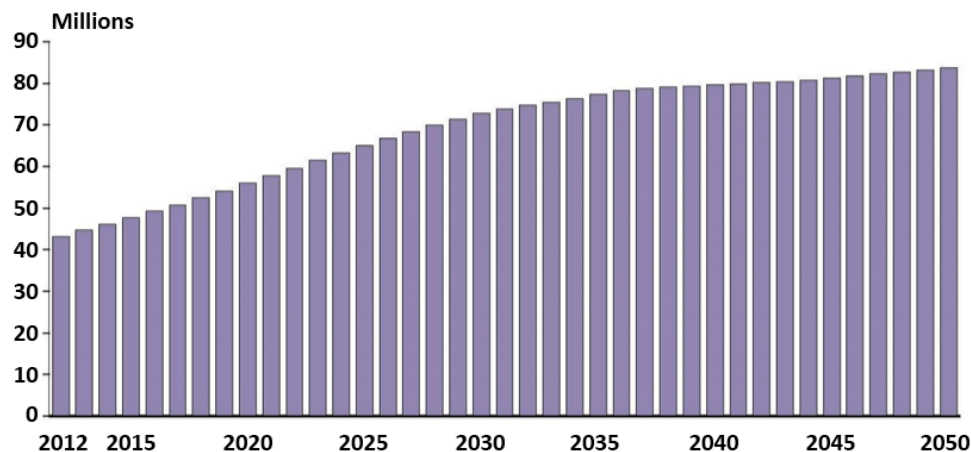
National Institutes of Health



Marcela Aguilar, M.H.S.

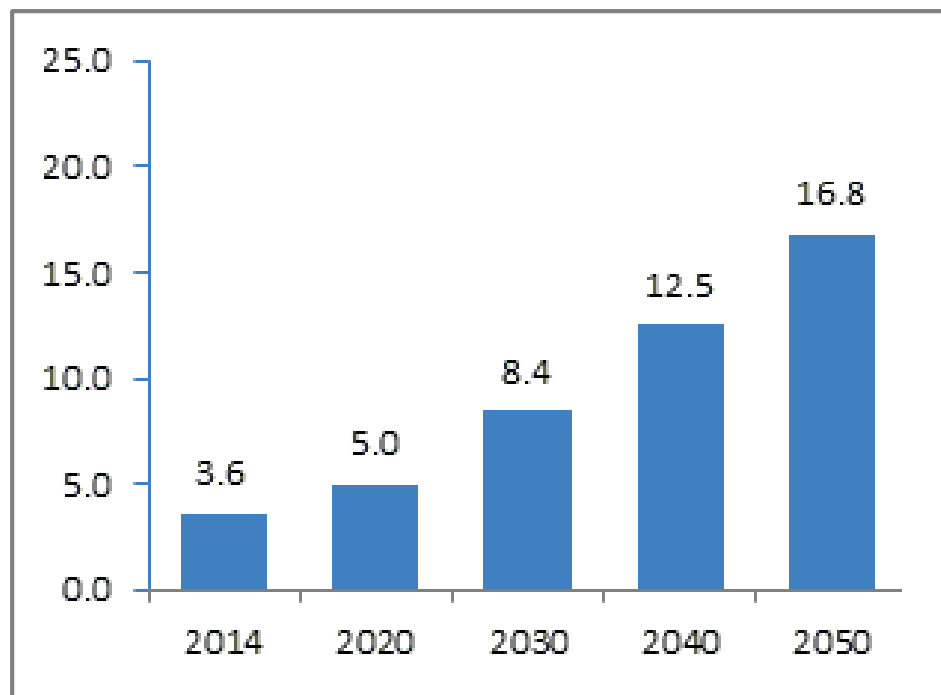
Senior Manager
ICF

Aging of the U.S. population, 2012–2050



Source: U.S. Census Bureau, 2012 Population Estimates and 2012 National Projections

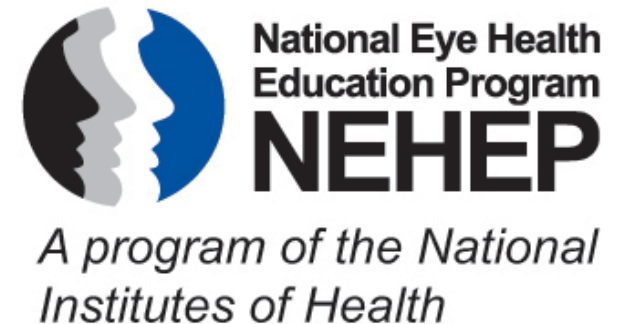
Number of older Hispanics/Latinos, 2014–2050



Source: *A Statistical Profile of Hispanic Older Americans Aged 65+*; Administration for Community Living, Administration on Aging
www.aoa.acl.gov/Aging_Statistics/minority_aging/Facts-on-Hispanic-Elderly.aspx

What is NEHEP?

- The National Eye Health Education Program (NEHEP) is part of the National Eye Institute (NEI) at the National Institutes of Health.
- NEHEP works to help preserve sight and to prevent vision loss and blindness by sharing scientifically based health information with healthcare professionals and the public.



NEHEP overview

Goal

To help make vision a public health priority by translating eye and vision research into public and professional education programs.

NEHEP program areas

- Diabetic Eye Disease
- Glaucoma
- Low Vision
- *¡Ojo con su visión!*
(Watch out for your vision!)
- Vision and Aging
- African American Outreach Initiative
(in development)

You could have **GLAUCOMA** and not know it.

Make a resolution to find out. Schedule a dilated eye exam.

50% KNOW 50% DON'T KNOW

NEHEP
A program of the National Institutes of Health

www.nei.nih.gov/glaucoma

La enfermedad diabética del ojo en los hispanos/latinos
Los hispanos/latinos tienen altos índices de diabetes, y mayor riesgo de perder la visión y desarrollar ceguera por la enfermedad diabética del ojo.

¿Qué es la enfermedad diabética del ojo?
Son problemas de los ojos que las personas con diabetes pueden tener. Estos incluyen—

- La catarata** (cuando se nubla el cristalino o "lente" del ojo)
- La retinopatía diabética** (daño en los vasos sanguíneos de la retina)
- El glaucoma** (daño en el nervio óptico)

¿Cuáles son los números?

1.2 millones de hispanos/latinos tienen retinopatía diabética.

Este número será más del doble, cerca de 2.9 millones, para el 2030.

95% de la pérdida de visión severa causada por la retinopatía diabética se puede prevenir con detección y tratamiento tempranos y oportunos de seguimiento apropiados.

¿Cómo puede proteger su vista?

- Muchas veces la enfermedad diabética del ojo no da señales de aviso. No espere a notar problemas con su visión para ver a su oculista.
- Hágase un examen completo de los ojos con diagnóstico de las papilas por lo menos una vez al año.
- Siga estos consejos para mantenerse saludable:
 - Tome sus medicamentos.
 - Aliméntese y manténgase en peso sano.
 - Participe en actividades físicas y diarias.
 - Controle los niveles de azúcar en la sangre, presión arterial y colesterol.
 - No fume.
- Hay ayuda disponible. Si usted ya perdió parte de su visión, hable con su oculista sobre la rehabilitación visual.

¿Dónde puede aprender más? Visite www.nei.nih.gov/diabetes/espanol

Fuente: Instituto Nacional del Ojo, 2013

¡Ojo con su visión! Program (Watch out for your vision!)

The *¡Ojo con su visión!* Program is designed to promote eye health among Hispanics/Latinos and to assist health professionals and community health workers in educating Hispanics/Latinos about vision health.

Key target audiences

- Hispanics/Latinos
- Health professionals
- Community health workers

Key program messages

- Hispanics/Latinos are at higher risk for certain eye diseases and conditions.
- Hispanics/Latinos can help protect their vision by getting regular comprehensive dilated eye exams.
- Eye diseases often have no early symptoms.



Vision and Aging Program


The Vision and Aging Program provides health and community professionals with tools and guidance for educating older adults about eye health, eye diseases and conditions, low vision, and the importance of comprehensive dilated eye examinations.

Key target audience

- Adults ages 50 and older

Key program messages

- Vision loss is not a normal part of aging.
- Everyone ages 50 and older should have a comprehensive dilated eye exam.
- Age-related eye diseases often have no early symptoms.
- Early detection and treatment may prevent vision loss or blindness.



Helping Older Adults See Well For a Lifetime

What You Can Do To Raise Awareness About Protecting Eye Health

With the aging of the population, vision loss from eye disease is becoming a major public health concern. More than 40 million people are age 65 or older, and that number is expected to grow to more than 88 million by 2050. By that same year, the number of Americans with age-related eye diseases is expected to double, and the number of people living with low vision is projected to triple.

The National Eye Health Education Program (NEHEP) is dedicated to raising awareness about vision and aging and educating older Americans about what they can do to protect their sight. But we can't do it alone. We rely on community and health professionals, like you, to help promote the message that vision loss and blindness are not a normal part of aging. The NEHEP Vision and Aging Program includes a variety of resources that you can use to raise awareness about the importance of healthy behaviors and comprehensive dilated eye exams in protecting vision as we age.

Common vision problems with age

- Vision loss and blindness are not a normal part of aging.
- Some vision changes are common, for example:
 - Losing focus
 - Noticing declining sensitivity
 - Needing more light
- Some people age without experiencing changes in their vision.



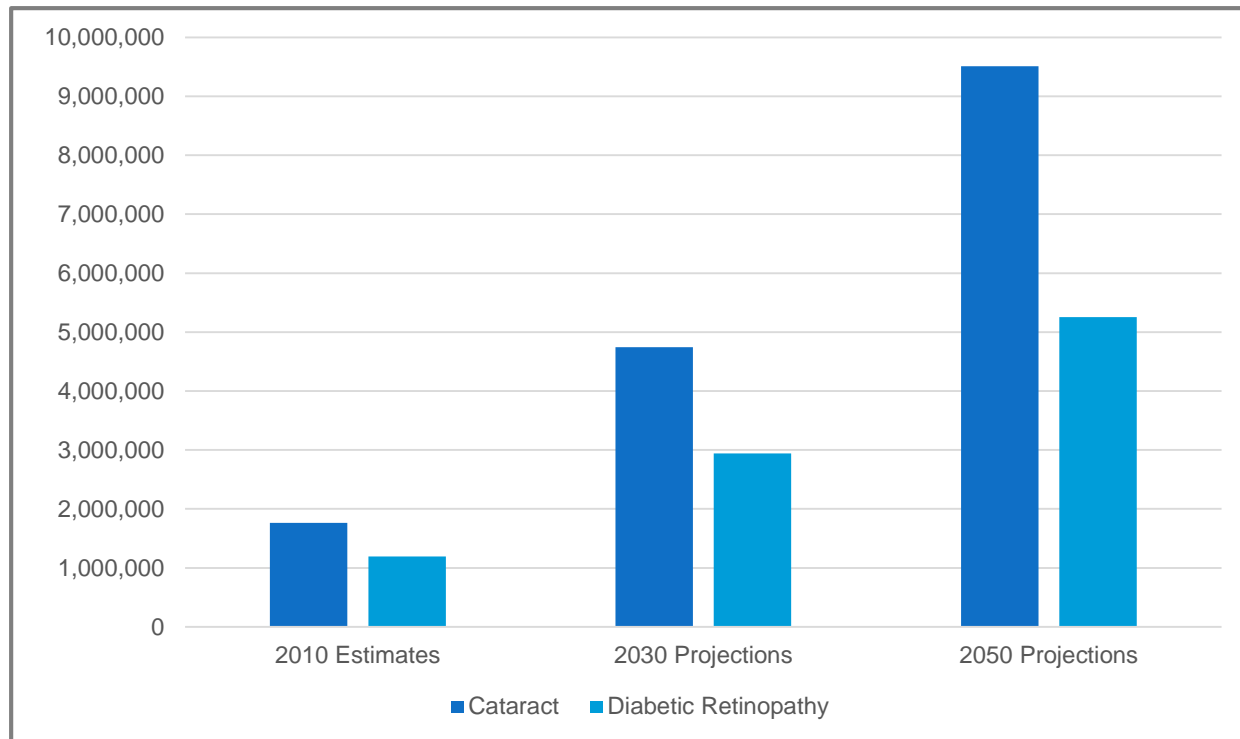
Many vision changes can be corrected

Many times, vision changes can be corrected with the following:

- Contact lenses
- Glasses
- Improved lighting

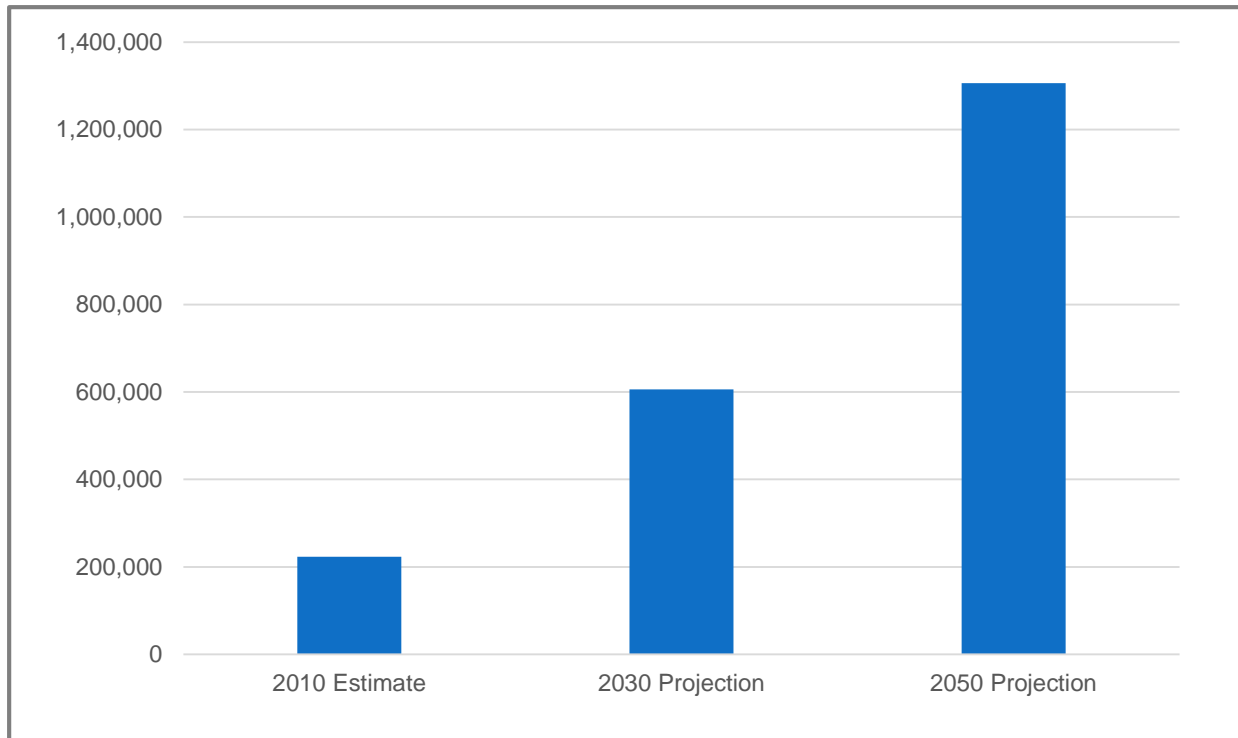


Cataract and diabetic retinopathy prevalence and projections among Hispanics/Latinos



Source: *Vision Problems in the U.S.*; Prevent Blindness America
www.nei.nih.gov/eyedata

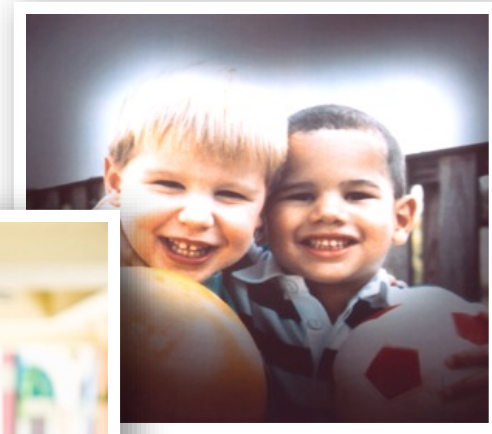
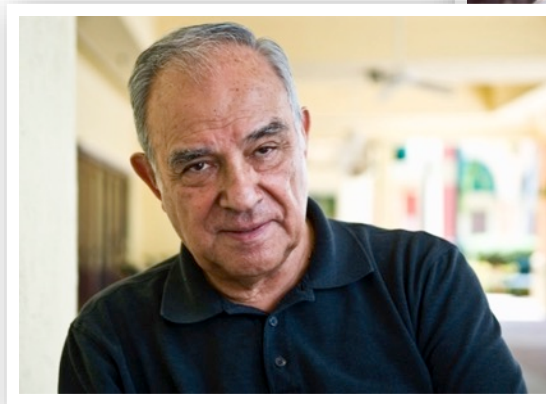
Glaucoma prevalence and projections among Hispanics/Latinos



Source: *Vision Problems in the U.S.*; Prevent Blindness America
www.nei.nih.gov/eyedata

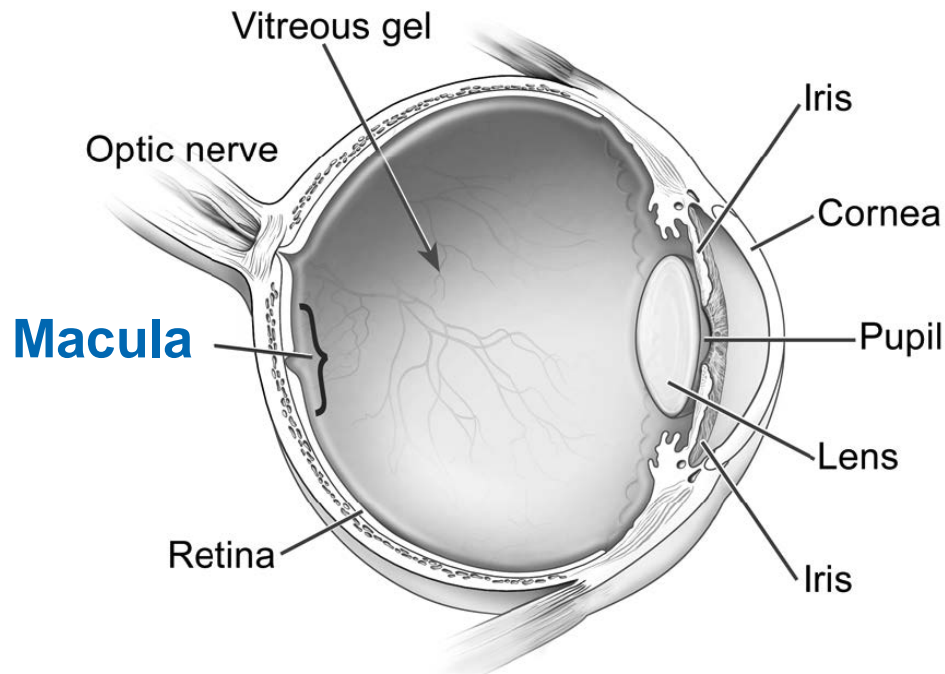
Age-related eye diseases and conditions

- As people get older, common eye diseases and conditions they may face include:
 - Age-related macular degeneration (AMD)
 - Cataract
 - Diabetic eye disease
 - Glaucoma
 - Low vision



Age-related macular degeneration

AMD damages the macula, which is needed for sharp, detailed central vision.



Age-related macular degeneration



Normal Vision



Same scene viewed by a person
with advanced AMD

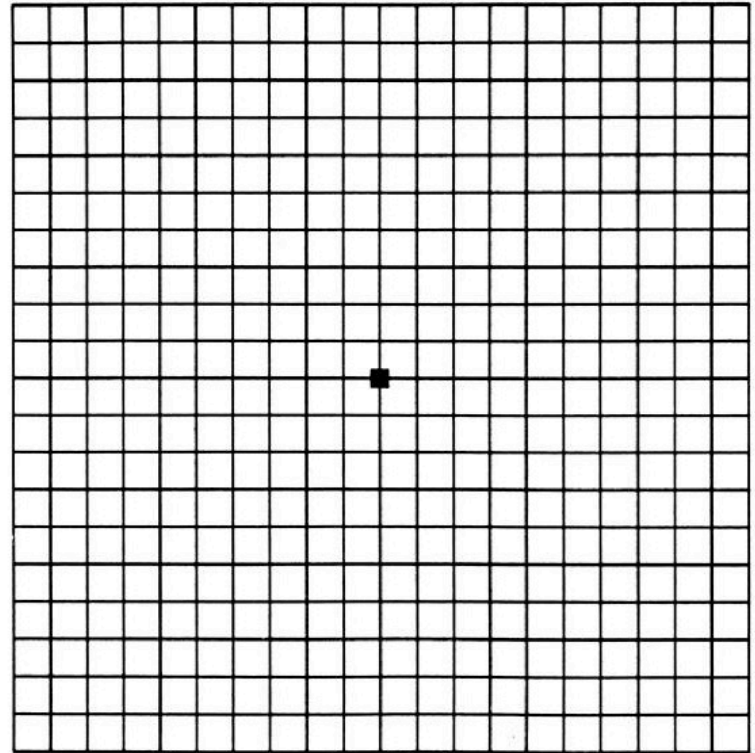
Age-related macular degeneration

Risk factors:

- Age, smoking, family history, obesity, race

Symptoms:

- No pain
- Blurred vision
- Drusen (only visible to an eye care professional)



Amsler grid used to detect changes to central vision

Age-related macular degeneration

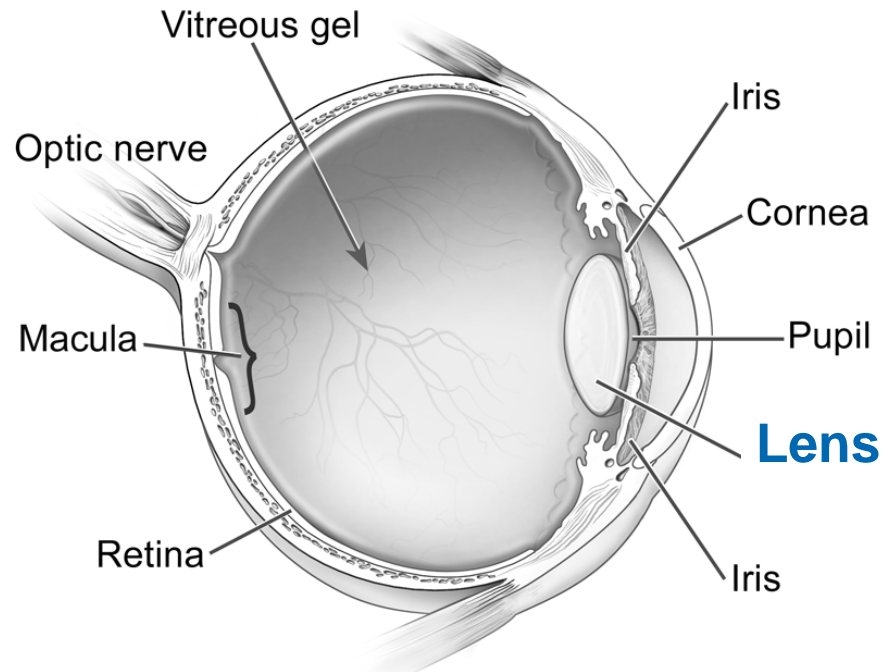
Treatment options:

- Age-Related Eye Disease Study (AREDS) formulation (special supplement of vitamins and minerals)
- Eye injections
- Laser surgery



Cataract

Cataract is a clouding of the eye's lens that causes loss of vision.



Cataract



Normal Vision



Same scene viewed by
a person with an advanced cataract

Cataract

Risk factors:

- Age
- Diabetes, smoking, and exposure to sunlight

Symptoms:

- Cloudy or blurred vision
- Colors that appear less vivid than they once did
- Glare
- Poor night vision

Cataract

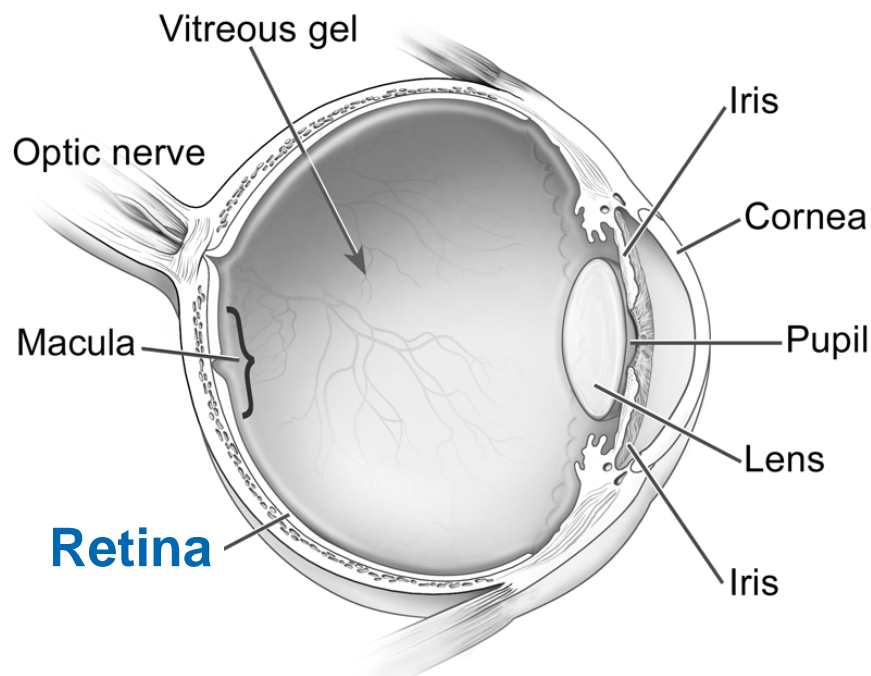
Treatment options:

- Glasses
- Better lighting
- Surgery



Diabetic eye disease

Diabetic eye disease is a group of eye problems associated with diabetes, and includes diabetic retinopathy, glaucoma, and cataract.



Diabetic retinopathy



Normal Vision



Same scene viewed by a person with advanced diabetic retinopathy

Diabetic eye disease

Risk factors:

- Diabetes

Symptoms:

- No early warning signs or symptoms



Diabetic eye disease

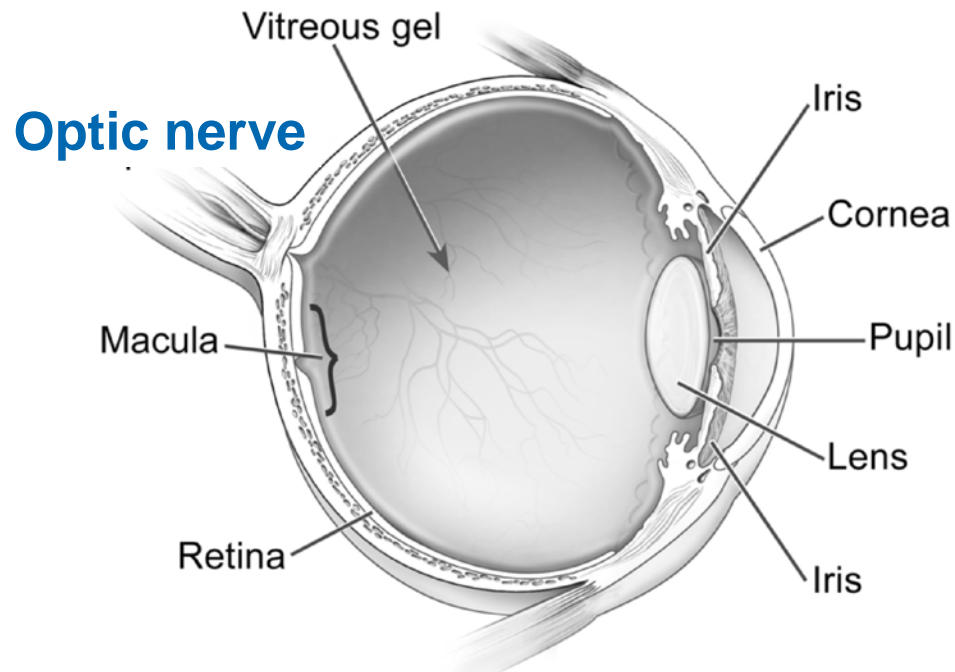
Treatment options:

- Laser treatment
- Injections



Glaucoma

Glaucoma is a group of eye diseases that damages the optic nerve of the eye.



Glaucoma



Normal Vision

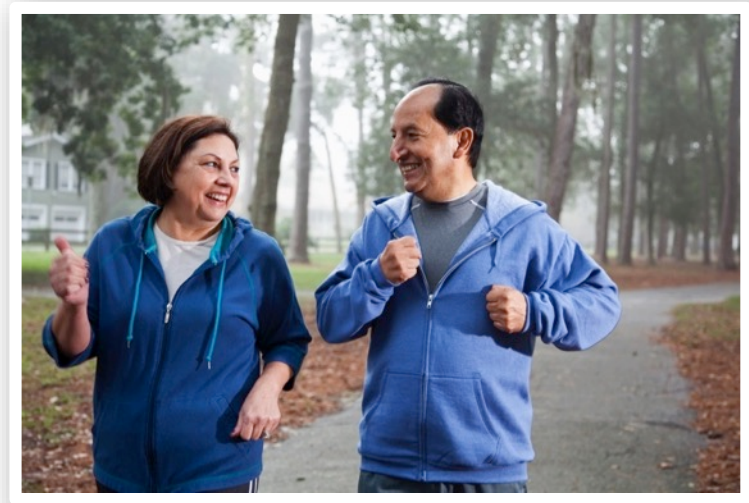


Same scene viewed by
a person with advanced glaucoma

Glaucoma

Risk factors:

- Age, race, and family history
 - African Americans over age 40
 - Everyone over age 60, especially Hispanics/Latinos
 - People with a family history of glaucoma
- People with diabetes



Glaucoma

Symptoms:

- No early warning signs or symptoms
- No pain
- Loss of side vision

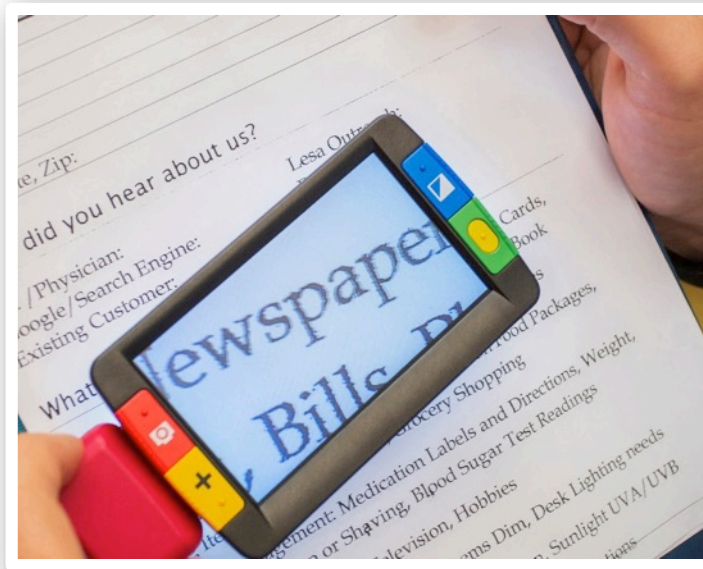
Treatment options:

- Medication, usually eye drops
- Laser or conventional surgery



Low vision

- Low vision is a visual impairment that cannot be corrected by regular glasses, contact lenses, medication, or surgery and that interferes with the ability to perform everyday activities.



Low vision

People at higher risk:

- People with eye diseases
- People who develop vision loss after eye injuries or because of birth defects

Treatment options:

- Vision rehabilitation



Dry eye

Dry eye occurs when the eye does not produce tears properly or when tears evaporate too quickly.

Common symptoms:

- Episodes of excess tears following dry periods
- Feeling of sand or grit
- Blurred vision
- Pain and redness
- Stringy discharge from the eye
- Stinging or burning of the eye
- Sensitivity to light



Dry eye

People at higher risk:

- Dry eye can occur at any age.
- Women experience dry eye more often than men.
- Dry eye can occur as a side effect of certain medications.
- Dry eye can also result from focusing on a computer screen for long periods of time.

Dry eye

Treatment options:

- Using artificial tears, prescription eye drops, gels, gel inserts, and ointments
- Wearing glasses or sunglasses
- Getting punctal or tear duct plugs



Educating older adults about vision loss

- Existing knowledge about eye health and disease
- Key eye health messages to communicate to older adults
- Ways to prevent vision loss



Survey question

- A national survey found what percentage of Hispanic/Latino older adults reported having had their eyes examined?
 - 92%
 - 73%
 - 35%
 - 10%

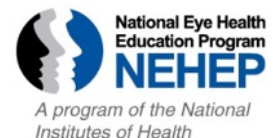


Knowledge and attitudes about eye health

- 72% of Hispanic/Latino adults reported that loss of eyesight and loss of memory would have the greatest impact on their daily life.
- 14% of Hispanic/Latino adults and 23% of non-Hispanic adults reported being told by an eye care professional that they had an eye disease or condition.
- 73% of Hispanic/Latino adults and 94% of non-Hispanic adults reported having had their eyes examined sometime in the past by an eye care professional.

Source: *2005 Survey of Public Knowledge, Attitudes, and Practices Related to Eye Health and Disease*; NEI and LCIF

www.nei.nih.gov/kap



Survey question

- What are the greatest barriers Hispanics/Latinos report in seeking eye care?
 - Lack of health insurance or money
 - Finding a trustworthy physician
 - Lack of awareness about eye health
 - All of the above

What do older adults know about vision loss?

- Most older adults have limited knowledge of age-related eye disease and think it is a natural part of aging.
- They fear the loss of vision will mean loss of independence.
- The barriers they face include:
 - Lack of health insurance or money
 - Finding a trustworthy physician
 - Lack of awareness



Source: 2012 Focus Group Findings: Older Adults; NEHEP
www.nei.nih.gov/nehep/research#1

Ways to prevent vision loss

Step #1

- Visit an eye care professional for a comprehensive dilated eye exam.



Comprehensive dilated eye exam

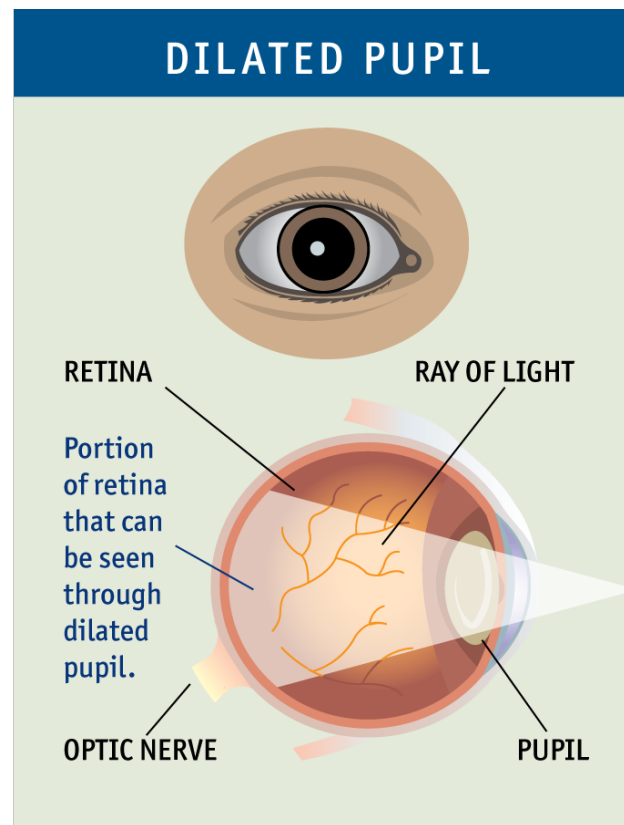
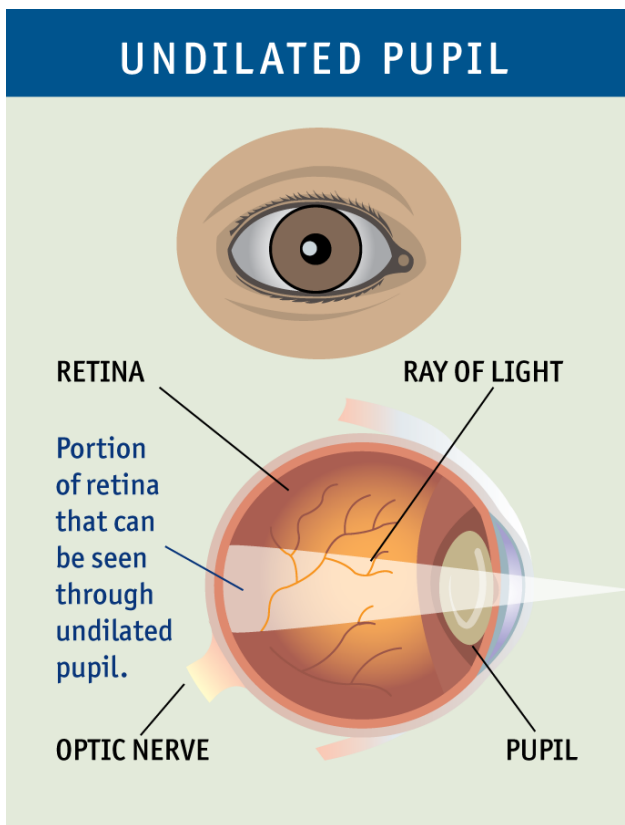


An eye care professional puts dilating drops in a patient's eye.



The eyes are examined for any signs of damage or disease.

The dilated eye



Medicare Benefit

- Will help pay for comprehensive dilated eye exams for:
 - African Americans ages 50 or older
 - Hispanics/Latinos ages 65 or older
 - People with a family history of glaucoma
 - People with diabetes
- To learn more, visit www.nei.nih.gov/medicare.
- For more information on financial assistance, visit www.nei.nih.gov/healthyeyes/financialaid.

Ways to prevent vision loss

Step #2

- Eat a healthy, balanced diet.



Ways to prevent vision loss

Step #3

- Maintain a healthy weight.



Ways to prevent vision loss

Step #4

- Don't smoke.








Ways to prevent vision loss

Step #5

- Keep diabetes under control.

PROTECT YOUR VISION FROM
DIABETES

Have a **dilated eye exam** every year, and follow these steps to keep your health on **TRACK**.

T 	R 	A 	C 	K 
Take your medications as prescribed by your doctor.	Reach and maintain a healthy weight.	Add more physical activity to your daily routine.	Control your ABC's—A1C, blood pressure, and cholesterol levels.	Kick the smoking habit.

www.nei.nih.gov/diabetes

NIH National Eye Institute
National Eye Health Education Program NEHEP
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Ways to prevent vision loss

Step #6

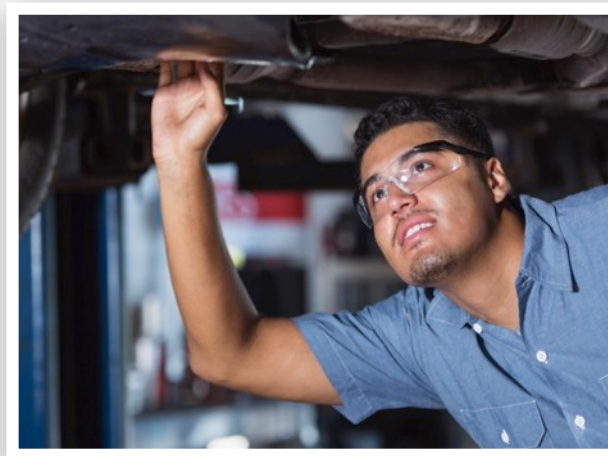
- Wear sunglasses and a brimmed hat when outdoors.



Ways to prevent vision loss

Step #7

- Wear protective eyewear.



Ways to prevent vision loss

Step #8

- Know your family's eye health history.



Ways to prevent vision loss

- NEHEP is dedicated to preventing vision loss and promoting vision rehabilitation through public and professional education programs.
- Health and community professionals play a vital role in raising awareness.
- NEHEP resources can help you convey science-based, easy-to-understand information about eye health.



Resources to help spread the word

- *See Well for a Lifetime Toolkit*
- *Living With Low Vision* booklet
- Drop-in article
- Infocards and animations
- NEHEP Vision and Aging Program website
- NEHEP *¡Ojo con su visión!* Program website
- Age-related eye diseases Web page
- *Outlook*



Resources to help spread the word

See Well for a Lifetime Toolkit

- For health and community professionals who work with older adults



Resources to help spread the word

Living With Low Vision

- For people with low vision and their friends, family, and caregivers.



“La rehabilitación de mi visión me ha ayudado muchísimo, sobre todo a tener más confianza”.

– Graciela Castañeda

Graciela tiene retinitis pigmentosa, pero la rehabilitación visual le ha permitido llevar una vida activa.


National Eye Health Education Program
NEHEP
Un programa de los Institutos Nacionales de la Salud

Para aprender más sobre los servicios de rehabilitación visual visite:
www.nei.nih.gov/lowvision/espanol

Resources to help spread the word

Septiembre es el Mes del Envejecimiento Saludable

Proteja su visión



Cuide su visión para ver bien durante toda la vida



El envejecimiento es un proceso que trae muchas oportunidades así como muchos cambios, desde el convertirse en abuelos hasta los simples cambios de estilo de vida como iniciar un nuevo programa de ejercicio. No se pierda ninguno de estos momentos importantes. Asegúrese de que sus ojos estén sanos para ver lo mejor posible.

Algunos cambios en la visión, tales como no poder enfocar bien, tener problemas para distinguir colores como el azul y el negro o necesitar más luz para ver bien, son comunes. Estos cambios a menudo pueden corregirse con lentes de contacto, anteojos o mejor iluminación.

A medida que envejecen, las personas también están en mayor riesgo de perder la visión a causa de ciertas enfermedades y condiciones de los ojos como por ejemplo:

- **Degeneración macular relacionada con la edad**—Esta enfermedad afecta la mácula, que es la parte del ojo responsable de la visión central y que ayuda a ver los detalles pequeños.
- **Catarata**—Una condición en la cual el cristalino, o el "lente", del ojo se nubla.
- **Retinopatía diabética**—Una complicación de la diabetes que afecta a los vasos sanguíneos de la retina. La retina es el tejido en la parte posterior del ojo que es sensible a la luz.
- **Glaucoma**—Un grupo de enfermedades que puede causar que el líquido y la presión en el interior del ojo aumente y dañe el nervio óptico.
- **Baja visión**—Esta ocurre cuando la vista no se puede corregir a pesar de usar anteojos, lentes de contacto, medicamentos o cirugía.
- **Ojo seco**—Esta condición ocurre cuando el ojo no produce suficientes lágrimas o cuando las lágrimas se secan muy rápido.

Para aprender más, visite:
www.nei.nih.gov/healthyeyes/spanish/aging_eye_sp

Drop-in article

- For use in websites, blogs, or newsletters

Resources to help spread the word

Infocards and animations

- For use in social media pages and websites



Resources to help spread the word

Watch out for your vision!

A video series for
people with diabetes.



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Resources to help spread the word

NEHEP Vision and Aging Program Web page

- Designed for professionals who work with older adults

National Eye Health Education Program (NEHEP)

NEHEP Home

About NEHEP -

NEHEP Partnership -

Diabetic Eye Disease -

Glaucoma -

Low Vision -

¡Ojo con su visión! -

Vision and Aging -

Outlook Newsletter -

Vision and Aging

Help raise awareness about eye health among older adults

With the growing number of older adults in the United States, eye disease and vision loss are becoming major public health concerns. There are currently more than 40 million people age 65 and older in the United States, and that number is expected to double by 2050. As people age, their risk increases for eye diseases and conditions such as age-related macular degeneration, cataract, diabetic retinopathy, dry eye, glaucoma, and low vision.

However, vision loss is not an inevitable part of aging, so it is important to spread the word that if eye diseases are detected and treated early, vision loss can often be prevented. The NEHEP Vision and Aging Program is designed to help you raise awareness about eye health among the older adults you serve. Our educational resources help emphasize important lifestyle factors that impact older adults' eye health and remind them that:

- Eye diseases often have no early symptoms.
- Everyone age 50 and older should have a regular comprehensive dilated eye examination.
- Early detection, treatment, and follow-up care are important to preventing vision loss and blindness.

Learn about vision and aging
What are the most common age-related eye diseases and conditions? Why is it important for older adults to have a comprehensive dilated eye exam? Get important background information here.

See Well for a Lifetime Toolkit
Find everything you need to hold educational sessions about vision and aging.

Resources
Access educational materials, training tools, and other vision and aging resources.

Outreach tools and tips
Learn how to increase awareness about age-related eye diseases and generate support from your local media.

Watch, listen, and learn
Hear from health professionals, community health workers, and people with age-related eye diseases in these videos, webinars, and more.

Social media
Extend your reach with these messages created especially for social media.

Available at

- www.nei.nih.gov/nehep/programs/visionandaging

Resources to help spread the word

NEHEP *¡Ojo con su visión!* Program website

- Designed for professionals who work with older adults

National Eye Health Education Program (NEHEP)

¡Ojo con su visión!

Help raise awareness about eye health among Hispanics/Latinos

Hispanics/Latinos have some of the highest rates of eye disease, impaired vision, and blindness. They are also less likely to get regular comprehensive dilated eye exams, which is necessary to detect eye diseases in their earliest stages. It is important to spread the word among Hispanics/Latinos that vision loss can be prevented if eye disease is detected and treated early.

The NEHEP *¡Ojo con su visión!* (Watch out for your vision!) Program is designed to help you raise awareness among Hispanics/Latinos about the importance of maintaining eye health. Our culturally and linguistically appropriate education resources provide information about how Hispanics/Latinos can protect their vision. Use these resources to share the following messages:

- Eye diseases often have no early symptoms.
- Early detection, timely treatment, and follow-up care are important to preventing vision loss and blindness.
- Hispanics/Latinos should get regular comprehensive dilated eye exams.

Learn about eye disease among Hispanics/Latinos
Why is it important for Hispanics/Latinos to have a regular comprehensive dilated eye exam? Get important background information here.

Toolkits
Find everything you need to hold educational sessions about eye health.

Resources
Access educational materials, training tools, and other eye health resources.

Outreach tools and tips
Learn how to increase awareness about eye diseases and generate support from your local media.

Watch, listen, and learn
Hear from health professionals, community health workers, and people living with eye conditions in these videos, webinars, and more.

Social media
Extend your reach with these messages created especially for social media.

Available at

- www.nei.nih.gov/nehep/programs/ojo

Resources to help spread the word

Information for *Healthy Vision*

Healthy Vision

Diabetes -

Glaucoma -

Healthy Eyes -

Low Vision -

Resources

What is a comprehensive dilated eye exam?

Finding an Eye Care Professional

Talking to Your Doctor

Financial Aid for Eye Care

En español

La enfermedad diabética del ojo -

El glaucoma -

Baja Visión -

Ojos sanos -

Recursos

¿Qué es un examen completo de los ojos con dilatación de las pupilas?

Encontrando un Oculista

Asistencia Financiera para el Cuidado de los Ojos

Cómo hablarle a su oculista

Enfermedades y condiciones de los ojos relacionadas con la edad

Desde sus 40, usted probablemente ha notado que su visión está cambiando. Tal vez necesite anteojos para ver de cerca o tiene más dificultad ajustándose al resplandor o distinguiendo algunos colores. Estos cambios son una parte normal de envejecer. Estos cambios por sí solos no pueden detenerlo de disfrutar una vida activa o de mantener su independencia. De hecho, usted puede vivir una vida activa aún en sus años dorados sin tener que experimentar pérdida de visión severa. Sin embargo, mientras más edad tenga, usted tendrá mayor riesgo de desarrollar enfermedades y condiciones de los ojos relacionadas con la edad. Estas incluyen, degeneración macular relacionada con la edad, catarata, enfermedad diabética del ojo, glaucoma, baja visión y ojo seco.



Hágase un examen completo de los ojos con dilatación de las pupilas.

Todas las personas de 50 años o mayores deben visitar un oculista para hacerse un examen completo de los ojos con dilatación de las pupilas. Muchas enfermedades de los ojos no tienen signos de aviso temprano o síntomas. Sin embargo, un examen de los ojos con dilatación de las pupilas puede detectar enfermedades de los ojos en sus etapas tempranas antes de que ocurra una pérdida de la visión. La detección temprana y el tratamiento pueden ayudarlo a salvar su vista. Aun si usted no presenta ningún problema de la visión, visite su oculista para un examen de los ojos con dilatación de las pupilas. Su oculista le dirá con qué frecuencia usted debe hacerse este examen dependiendo de sus factores de riesgo específicos.

Enfermedades y condiciones comunes de los ojos relacionadas con la edad:

La degeneración macular relacionada con la edad
La degeneración macular relacionada con la edad es una enfermedad asociada con el envejecimiento que gradualmente destruye la visión central clara. La visión central es necesaria para ver objetos claramente y para hacer las tareas diarias como leer o manejar. Para aprender más visite aquí.



La catarata
La catarata es una niebla en el lente del ojo. La visión con catarata puede ser borrosa, los colores pueden parecer desdibujados y usted puede notar sensibilidad al resplandor. Para aprender más visite aquí.



La enfermedad diabética del ojo
La enfermedad diabética del ojo es una complicación de la diabetes y una de las principales causas de ceguera. La forma más común es la retinopatía diabética que ocurre cuando la diabetes daña los pequeños vasos sanguíneos dentro de la retina. Para aprender más visite aquí.



El glaucoma
El glaucoma es un grupo de enfermedades que pueden dañar el nervio óptico del ojo y resultar en pérdida de la visión y ceguera. Usualmente es asociado con la presión alta en el ojo y afecta la visión de lado o periférica. Para aprender más visite aquí.



Baja visión
Baja visión quiere decir que aún con anteojos regulares, lentes de contacto, medicamentos o cirugía, las personas encuentran que las tareas diarias se vuelven difíciles de hacer. Leer el correo, ir de compras, cocinar, ver la televisión, y escribir se pueden volver difíciles de hacer. Sin embargo, muchas personas con baja visión están tomando acción. Para aprender más visite aquí. Visite, NIHSeniorHealth.gov para más información sobre cómo envejecer saludablemente.



Age-related eye diseases Web page

- Designed to educate older adults about eye health

Available at

- www.nei.nih.gov/nehep/programs/ojo

Additional resources

Outlook

- Provides updates on NEHEP eye health education research, activities, and resources
- Subscribe on the NEHEP website to start receiving quarterly issues

Outlook Newsletter Summer 2016

Outlook



In this issue:

- Notes From NEHEP
- Planning Committee Corner: Helping deliver culturally-appropriate eye information to Hispanics/Latinos
- NEHEP print materials: Get them before they're gone!
- National Eye Institute launches new website: NEI for Kids
- Register for NEHEP webinar on Advances in Diabetic Retinopathy Treatments on July 21
- Help others look forward to the future during Healthy Aging® Month
- Hispanic Heritage Month—Celebrate with ¡Ojo con su visión! resources
- National Eye Institute and NEHEP win awards for excellence in communication
- NEI's Audacious Goals Initiative supports new imaging tools to view the eye
- Prevent Blindness to hold fifth annual Focus on Eye Health National Summit
- Subscribe to the Vision Health Initiative at CDC
- EyeCare America offers discount drug card
- Anaheim to host American Academy of Optometry annual meeting
- Toolkit available to help educate Hispanics/Latinos with diabetes
- Try CDC's Clear Communication Index Widget
- Featured organization: National Council on Aging
- Let us know what you think about *Outlook*

Available at

- www.nei.nih.gov/nehep/newsletter



National Eye Institute



A program of the National
Institutes of Health

Additional resources

YouTube



- NEHEP website: www.nei.nih.gov/nehep
- YouTube: **/NEINIH**
- Facebook: **/NationalEyeHealthEducationProgram**
- NEHEP Twitter: **@NEHEP**
- NEI Twitter: **@NatEyeInstitute**
- NEHEP Flickr: **/photos/nehep**
- NEI Flickr: **/photos/nationaleyeinstitute**
- Pinterest: **/neinih**
- NEI LinkedIn: **/company/national-eye-institute-nei**

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thank you!