



# Retinal Disease: Depression, Anxiety and Vision Loss

Dr. Richard Shuldiner

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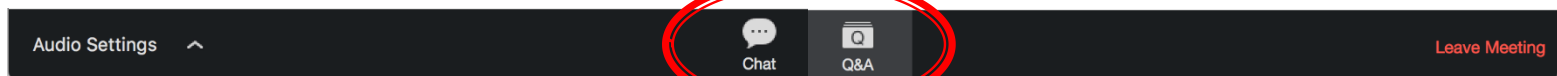


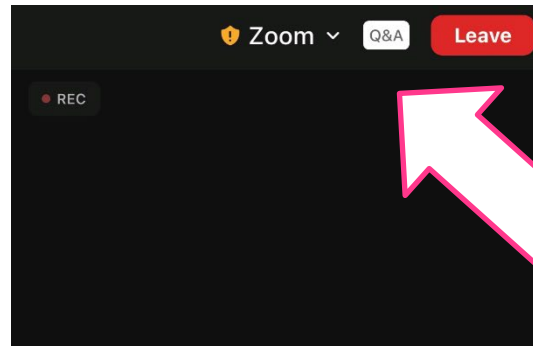
Host: Dr. Ariel Cerenzie

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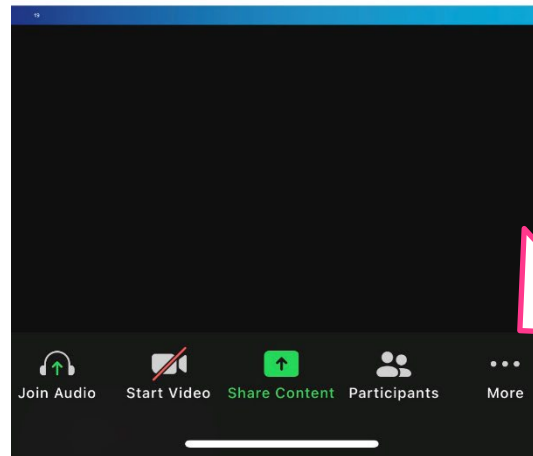
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### Opportunity to Partner

Optometrists are at the frontline to recommend treatment for cataract and glaucoma patients.



## Speaker Bio

Dr. Richard Shuldiner has been helping those with macular degeneration and other vision loss conditions for over 45 years as a low vision optometrist. Dr. Shuldiner achieved Diplomate Status in The American Academy of Optometry in 1988 and is the Founder and President of The International Academy of Low Vision Specialists ([www.IALVS.org](http://www.IALVS.org)). He is the inventor of The Richard Shuldiner, OD/William Feinbloom, OD Philosophy & Methods for Providing Low Vision Care™ and has trained well over 50 optometrists in providing low vision care in the private practice setting.



# Financial Disclosures

- ▶ Nothing to Disclose

# RETINAL DISEASE Anxiety & Depression and Vision Loss

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**COPE COURSE 78275-LV one hour**



# Who is this Shuldiner guy

PCO	1970
Private Practice, Poughkeepsie New York	1973 - 1993
<b>LOW VISION EXPERIENCE</b>	
Independent study with Robert Gold, OD, Low Vision Diplomate	1974
Independent study with William Feinbloom, OD, Ph. D.,	1980
New York Lighthouse Low Vision Service, Founder & Clinical Director of Upstate Clinics, with Eleanor Faye, MD & Bruce Rosenthal, OD	1981-1993
Low Vision Diplomate Emeritus, American Academy of Optometry	1988-present
<b>Low Vision Optometry of Southern California</b>	<b>1994-present</b>
<b>CREATED NEW LV MODEL FOR PRIVATE PRACTICE</b>	
<b>2 days per week</b>	
<b>Average 10 Low Vision Exams per month</b>	
<b>No Third Party payments</b>	
<b>No Office</b>	
<b>No Employees</b>	
<b>Created Low Vision Intensive Training Course</b>	<b>2001-present</b>
<b>The International Academy of Low Vision Specialists</b>	
<b>42 Doctors (2021: approximately 3000 low vision exams)</b>	

- Retinal Disease Can Cause Vision Loss
- Vision Loss Causes Anxiety & Depression
- Anxiety & Depression & Vision loss Reduces Quality of Life

**THIS COURSE IS ABOUT MAKING A DIFFERENCE IN  
THE QUALITY OF LIFE OF YOUR PATIENT**

The current culture of the eye care profession is:

*The diagnosis and treatment  
of eye disease  
and the prevention of vision loss.*

**BUT WHAT ABOUT THOSE THAT HAVE  
VISION LOSS?**

**WHAT IF VISION LOSS CANNOT BE PREVENTED?**

**THIS COURSE IS ABOUT THEM**

# AN UNCOMFORTABLE CONVERSATION

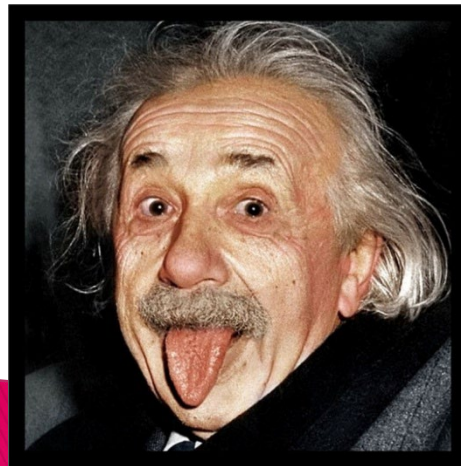
Are you living in reality or fantasy?



## AN UNCOMFORTABLE CONVERSATION

**Reality is merely an illusion,  
albeit a very persistent one. –**

**Albert Einstein**





Retinal Disease:  
Depression, Anxiety & Vision Loss

**Human Beings live into a  
Future.**

**We rarely live in  
right now.**



Retinal Disease:  
Depression, Anxiety & Vision Loss

**When the future we are living  
into suddenly disappears  
we become upset.**



Retinal Disease:  
Depression, Anxiety & Vision Loss

**This is why COVID was so  
upsetting in 2020**

**It created tremendous  
uncertainty for the future!**





Retinal Disease:  
Depression, Anxiety & Vision Loss

**But the truth is  
Life is always uncertain.**

**We just don't live that way.**



**Retinal Disease:  
Depression, Anxiety & Vision Loss**

## **THE TYPICAL PATIENT**

**The typical patient visits the eye doctor when they need to see better.**

**This typically results in some sort of refractive relief.**



Retinal Disease:  
Depression, Anxiety & Vision Loss

## THE TYPICAL PATIENT

This occurs throughout their lifetime.  
Refractive always helps.

Except when it doesn't!!!

# Retinal Disease Can Cause Vision Loss

The Retinal Disease we will be focusing on today is  
Macular Degeneration

## Macular Degeneration:

It's appearance is usually SUDDEN!

## What Do Patients Expect:

New Glasses. They always worked before!

## What Do Patients Hear from the Doctor:

You're going blind.

There is no cure.

There's nothing more that can be done!

We cannot predict when or if you will lose vision!



# Retinal Disease Can Cause Vision Loss

## The Eye Disease we will be focusing on today is Macular Degeneration

### Macular Degeneration:

- The number 1 cause of vision loss among seniors.
- Affects approximately 9% of global population.
- Affects 8% of those over 75 years old.
- Projected by 2020 over 196 million/ by 2040 over 288 million.
- There is no cure for macular degeneration.
- The most common negative side effect of the vision loss is functional disability.



Retinal Disease:  
Depression, Anxiety & Vision Loss

**What are the three causes  
of upsets?**



Retinal Disease:  
Depression, Anxiety & Vision Loss

**UPSETS: CAUSES**

1. UNFULFILLED EXPECTATIONS
2. THWARTED INTENTIONS
3. UNDELIVERED COMMUNICATIONS

**UPSETS: REACTIONS**

1. SHIFT IN REALITY
2. DECREASE IN AFFINITY
3. DECREASE IN COMMUNICATION

# Vision Loss causes Anxiety & Depression,

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Clin Ophthalmol. 2016; 10: 55–63.

PMCID: PMC4699633

Published online 2015 Dec 30. doi: [10.2147/OPTH.S80489](https://doi.org/10.2147/OPTH.S80489)

## Anxiety and depression in patients with advanced macular degeneration: current perspectives

Verena R Cimarolli,<sup>1</sup> Robin J Casten,<sup>2</sup> Barry W Rovner,<sup>3,4,5</sup> Vera Heyl,<sup>6</sup> Silvia Sørensen,<sup>7,8</sup> and Amy Horowitz<sup>9</sup>

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Clinical Ophthalmology. 2016. 10:55–63



# Vision Loss causes Anxiety & Depression,

## THE FACTS ACCORDING TO THIS LANDMARK STUDY

Among older adults with visual impairment, those with AMD seem to be particularly at risk for depression compared to those with other eye diseases.

Clinically significant sub-threshold symptoms of depression have been found in approximately 33% of visually impaired older adults, which is approximately twice as high as the lifetime prevalence rates in the normally sighted general older population,

# Vision Loss causes Anxiety & Depression,

## THE FACTS ACCORDING TO THIS LANDMARK STUDY

Agoraphobia\* (4.2%) and social phobia (2.4%) were particularly prevalent among those with visual impairment. Thus, as the authors conclude, visually impaired older adults are more prone to develop anxiety disorders related to specific places or social situations such as being on a bus or eating at a restaurant.

Among those with AMD, prevalence of anxiety is from 10–30%

\*Fear of places and situations that might cause panic, helplessness, or embarrassment.

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# Vision Loss causes Anxiety & Depression,

## THE FACTS ACCORDING TO THIS LANDMARK STUDY

Because significant numbers of older adults with AMD experience depression and anxiety, both constitute major public health problems in this population.

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# Vision Loss causes Anxiety & Depression,

## ANXIETY

### *noun*

a feeling of worry, nervousness, or unease, typically about an imminent event or something with an uncertain outcome.

desire to do something, typically accompanied by unease.

PSYCHIATRY DEFINES ANXIETY AS:

a nervous disorder characterized by a state of excessive uneasiness and apprehension, typically with compulsive behavior or panic attacks.

# Vision Loss causes Anxiety & Depression,

## DEPRESSION

*Noun*

feelings of severe despondency and dejection.

Depression is a mood disorder that causes a persistent feeling of sadness and loss of interest. Also called major depressive disorder or clinical depression, it affects how you feel, think and behave and can lead to a variety of emotional and physical problems. People with depression have trouble doing normal day-to-day activities, and sometimes feel as if life isn't worth living.

Clinical Ophthalmology. 2016. 10:55–63

# Vision Loss causes Anxiety & Depression,

## MECHANISMS FOR DEVELOPMENT OF ANXIETY & DEPRESSION

A strong relationship exists between a loss of functional capacity and depression. A vicious cycle develops as depression lowers function, which in turn, increases depression.

A strong relationship also exists between basic problem solving skills and depression. The well tested repertoire of skills no longer works.

A poor future outlook combined with the potential for sudden and/or unpredictable vision loss is difficult to deal with.

# Vision Loss causes Anxiety & Depression,

HOW DO DOCTORS HANDLE THE CONVERSATION:

**“Sorry, nothing more can be done”**

**“You will be going blind”**

**These statements lead to  
anxiety & depression  
and a feeling of hopelessness**

# Vision Loss causes Anxiety & Depression,

## INTERVENTIONS DESIGNED TO ADDRESS ANXIETY AND DEPRESSION IN AMD PATIENTS

Low vision rehabilitation aims to reduce vision related disability by maximizing residual vision through training in the use of optical and assistive devices, orientation and mobility skills, and general compensatory strategies.

To the extent that depression in AMD results from activity restrictions, and that low vision rehabilitation fosters activity reengagement, low vision rehabilitation might have an “antidepressant” effect. It may even ward off feelings of anxiety.



**YOU CAN MAKE A DIFFERENCE IN THE  
QUALITY OF LIFE  
FOR A VISION LOSS PATIENT.**

**Most Vision Loss Patients can lead  
independent lives  
with the right care.**

**YOU CAN MAKE A DIFFERENCE IN THE  
QUALITY OF LIFE  
FOR A VISION LOSS PATIENT.**

**The Right Care is  
LOW VISION CARE**

# LOW VISION CARE & REHABILITATION

The more you know, the more you can relieve the patient's anxiety.

1. STOP SAYING "THERE'S NOTHING MORE THAT CAN BE DONE".
2. You do not have to offer Low Vision Care.
3. You just have to say: "Find a low vision doctor".
4. THERE IS LIFE AFTER VISION LOSS!

**There is life after vision loss!**

# LOW VISION CARE & REHABILITATION

## Understanding Low Vision Care Questions to consider

- What is Low Vision?
- What possibilities become available through a low vision service?
- When is referral a good option for the vision loss patient?
- Where are low vision resources in my community?
- How do I make a low vision referral without losing my patient?

# LOW VISION CARE & REHABILITATION

## Understanding Low Vision Care Questions to consider

- What is Low Vision?

- Is it 20/80 or worse?
- Is it 20/60 or worse?
- Does it depend upon acuity?
- Perhaps it depends on visual field?

# LOW VISION CARE & REHABILITATION

## Understanding Low Vision Care Questions to consider

- What is Low Vision?

**ANSWER: NONE OF THE ABOVE!**

Low Vision is fully corrected vision which is insufficient *to do what you want to do.*

# LOW VISION CARE & REHABILITATION

## Understanding Low Vision Care Questions to consider

Low Vision is fully corrected vision which is insufficient *to do what you want to do*.

A LOW VISION PATIENT IS SOMEONE WHO CANNOT **DO** WHAT THEY WANT TO **DO** WITH THE LEVEL OF VISION THEY HAVE.

A LOW VISION PATIENT IS SOMEONE WHO HAS LOST FUNCTION.

# LOW VISION CARE & REHABILITATION

## Understanding Low Vision Care Questions to consider

**You have a low vision patient when they say they have difficulty with or cannot:**

read write drive sew do crafts see TV  
recognize faces work on computer  
enjoy theater play cards and more.....

**DUE TO VISION LOSS.**



# LOW VISION CARE & REHABILITATION

## Understanding Low Vision Care Principles

1. Low Vision Care is about *Doing*.
2. Low Vision Devices are Task Specific.
3. Vision Measurement is critical.
  - a. Visual Acuity
  - b. Visual Field

# LOW VISION CARE & REHABILITATION

## Understanding Low Vision Care

FINDING A WAY TO DO THE TASK WITH  
THE LEVEL OF VISION THEY HAVE.

IT'S ALWAYS ABOUT VISION & TASK.

- THE HISTORY IS ABOUT DETERMINING THE TASKS
- THE EXAM IS ABOUT DETERMINING
  - THE VISION THEY HAVE AND
  - THE VISION THEY NEED.

# LOW VISION CARE & REHABILITATION

## Understanding Low Vision Care

- HAND MAGNIFIERS (IGNORE THE X)



USEFUL FOR SPOTTING OF NEAR OBJECTS  
USED WITH THE DISTANCE RX  
USE DIOPTRIC MEASUREMENT.



# LOW VISION CARE & REHABILITATION

## Understanding Low Vision Care

- STAND MAGNIFIERS (IGNORE THE X)

USEFUL SPOTTING WHEN NEEDING BOTH HANDS

USEFUL IF HANDS TREMBLE

USED WITH THE PATIENTS NEAR RX



# LOW VISION CARE & REHABILITATION

## Understanding Low Vision Care

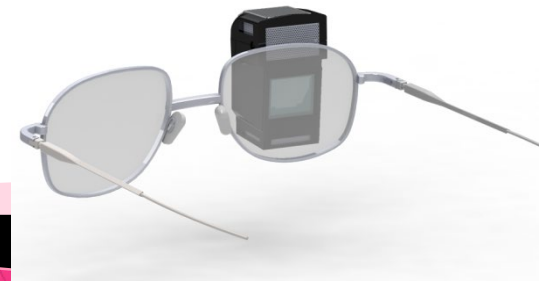
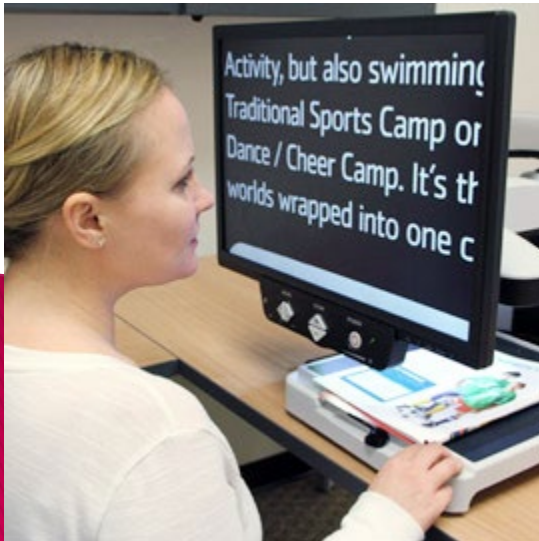
- ELECTRONIC MAGNIFIERS

HAND HELD / TABLE TOP / SPECTACLE MOUNTED

USEFUL FOR HIGHER AND VARIABLE MAGNIFICATION

USEFUL FOR READING AND WRITING

USEFUL FOR CONTRAST ENHANCEMENT



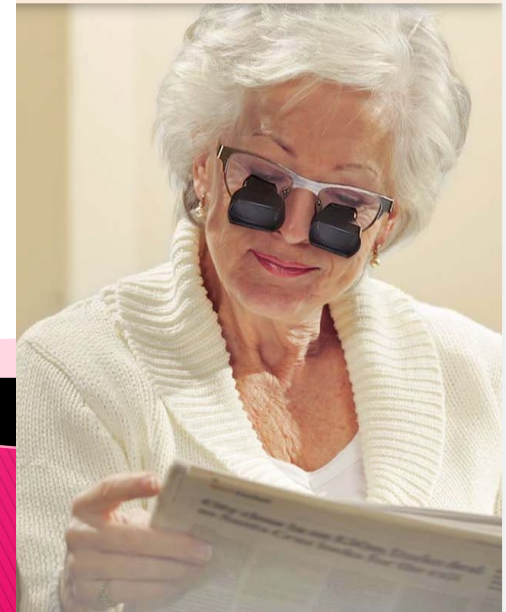
# LOW VISION CARE & REHABILITATION

## Understanding Low Vision Care

- LOW VISION GLASSES:
  - TELESCOPES

USEFUL FOR MAGNIFICATION AT A DISTANCE

BIOPTIC / FULL DIAMETER / READING

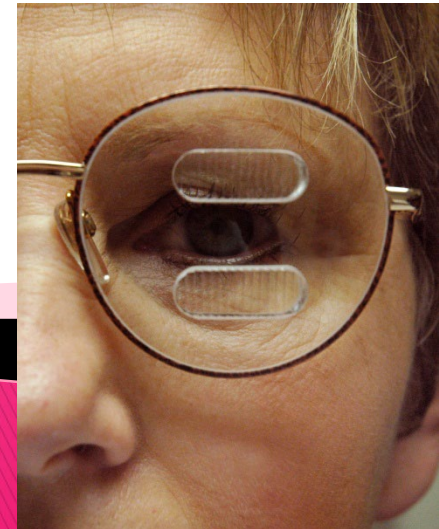


# LOW VISION CARE & REHABILITATION

## Understanding Low Vision Care

- LOW VISION GLASSES:
  - REVERSE TELESCOPES / FIELD EXPANDERS

USEFUL TO INCREASE FIELD OF VIEW ON TUNNEL VISION PATIENTS

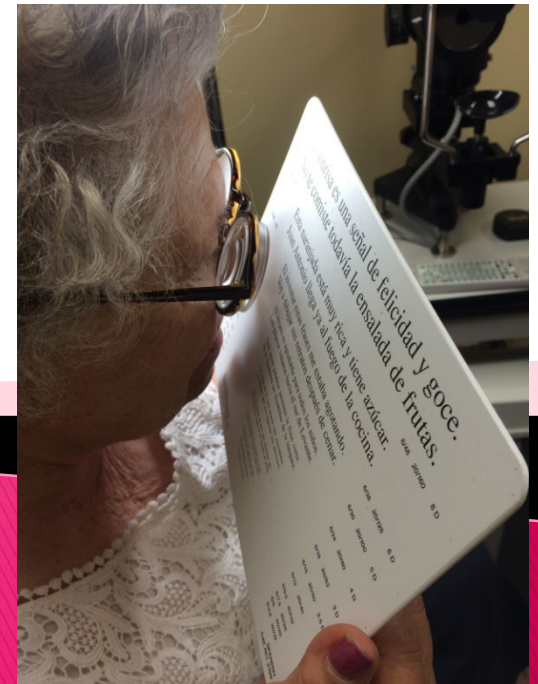


# LOW VISION CARE & REHABILITATION

## Understanding Low Vision Care

- LOW VISION GLASSES:
  - MICROSCOPE & PRISMATIC GLASSES

USEFUL FOR READING AND NEAR TASKS





# LOW VISION CARE & REHABILITATION

## Understanding The Possibilities

### GRAND ROUNDS

Patient 1: The Severe Complainer

Patient 2: “You Can’t Drive Anymore”

# LOW VISION CARE & REHABILITATION

## Understanding The Possibilities

### Patient 1: The Severe Complainer

Dx: ARMD

The 20/40 Club Psychology & Conversation

#### The Low Vision Assessment

- Part A: gathering information
- Part B: the first 'stop & talk" conversation
- Part C: helping the patient
  - a. Distance tasks
  - b. Intermediate tasks
  - c. near tasks

DISCUSSION OF THE CASE

# LOW VISION CARE & REHABILITATION

## Understanding The Possibilities

### Patient 2: “Can’t Drive Anymore”

Dx: ARMD

Vision & Driving Philosophy

DMV Rules & Regulations in this State:

interpretations & misinterpretations

Licensure & DMV

Currently licensed

Never licensed

Now unlicensed

Bioptic Driving Rules

# LOW VISION CARE & REHABILITATION

## Understanding The Possibilities

### Patient 2: “Can’t Drive Anymore”

#### The Low Vision Assessment

- Part A: gathering information
- Part B: the first ‘stop & talk” conversation
- Part C: helping the patient
  - a. Distance tasks
  - b. Intermediate tasks
  - c. near tasks

#### DISCUSSION OF THE CASE

# LOW VISION CARE & REHABILITATION

## Understanding Low Vision Care Referral Discussion

- When to refer for low vision services
- Where & how to refer for low vision services
- My suggestion is very simple:

Say to the patient:

“A LOW VISION DOCTOR MAY BE ABLE TO HELP.  
I SUGGEST YOU GOOGLE [LOW VISION DOCTOR.](#)”

# LOW VISION CARE & REHABILITATION

## Understanding Low Vision Care Discussion

### BARRIERS TO REFERRING

- Identifying the low vision patient
  - Explaining low vision care
  - Losing the patient/family
    - Cost of low vision care
- Co Management of Low Vision Cases

# LOW VISION CARE & REHABILITATION

## Understanding Low Vision Care Some Referral Resources

- Google Search: Low Vision Doctor
- State Department of Rehabilitation, Division for the blind and V.I.
- American Foundation for the Blind
- American Optometric Association, Low Vision Section
- American Academy of Optometry, Low Vision Section/Diplomate Program
- US Department of Veterans Affairs, Visual Impairment Centers
- Lighthouse/Guild for the Blind, New York
- American Council of the Blind
- National Library Service for the Blind and Physically Handicapped
- American Macular Degeneration Foundation
- International Academy of Low Vision Specialists

Anxiety & Depression in Vision Loss:  
From Hopeless to Hopeful

**QUESTIONS**  
**COMMENTS**  
**CONCERNS**



# RETINAL DISEASE Anxiety & Depression and Vision Loss

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# What To Know About Oral Pharmaceuticals

The banner features the Woo University logo at the top left. Below it, the title 'WHAT TO KNOW ABOUT ORAL PHARMACEUTICALS' is written in large, bold, white letters on a teal background. Underneath the title, the event moderator and speakers are listed: 'Event moderator: Ariel Cerenzie, OD' and 'Speakers: Bruce E. Onofrey, OD, RPh' and 'Vittorio Mena Jr. O.D., M.S.'. To the right of the text is a photograph of a hand holding several pills. Below the photograph are three small circular portraits of the speakers: Ariel Cerenzie, Bruce E. Onofrey, and Vittorio Mena Jr.

Date: May 22, 2022

Time: 8:00 AM - 12:00 PM Pacific Time

Speakers: Bruce E. Onofrey, OD, RPh  
and Vittorio Mena Jr. O.D., M.S.

Topic: What To Know About Oral Pharmaceuticals

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