

NDPW SIG Newsletter & Upcoming Events

MESSAGE FROM THE CHAIR

Greetings!

Naturally, as we near the end of this calendar year we reflect back on the highlights of 2022, and brainstorm ideas and set goals for the new year ahead. Our SIG leadership team is already working behind the scenes planning for next year's Academy Symposium and developing new ways to bring our growing NDPW SIG community together in fellowship.

However, it's important that I reflect back on how our SIG community lost a true Nutrition, Disease Prevention, and Wellness superstar this year in Dr. Stuart Richer. So many individuals have contributed to the core mission of the NDPW SIG, but nobody would argue that Dr. Richer paved the way.

Over the last decade he personally inspired me to apply two simple concepts in my discussions with patients. First, that a mindset geared toward prevention of disease through nutrition and wellness is preferable, over a purely reactionary approach focused on treatment once a disease process takes hold. "Repair the roof before it starts raining," as he would say.

Secondly, it is part of our mandate and duty as Optometrists to educate our patients about these proactive health and wellness interventions, which ultimately will help reduce blindness and systemic disease in our communities.



I have no doubt that great things are in store for 2023; within our SIG, the Academy, and our great profession. I look forward to sharing our Symposium proposal once it is finalized and other plans for our SIG.

Happy Holidays,

Christine Winter-Rundell, OD, FCOVD, FAAO

Incoming Nutrition, Disease Prevention, and Wellness Chair

FIND US ON FACEBOOK!

Click <https://www.facebook.com/NDPWSIG> or search “AAO Nutrition, Disease Prevention, Wellness SIG” on Facebook and give us a like. Our SIG is new to the Facebook world and we would love it if you shared our page and your ideas for Facebook content with us. Please email ideas to kaleb.s.abbott@aggienetwork.com.

VOLUNTEER NEEDED – OUTREACH COORDINATOR

The Nutrition, Disease Prevention, and Wellness SIG is seeking a current SIG member to serve as the next Outreach Coordinator. This individual would serve as liaison between the NDPW SIG Leadership team and Optometry School faculty and students who have interest in our SIG’s core mission. Requirements for Outreach Coordinator include: FAAO status and Membership in the NDPW SIG. Please contact Christine Winter-Rundell at drchristinewinter@gmail.com with any questions or interest regarding the position, or with any information on specific Optometry School groups that we may want to connect with.

EYES ON NUTRITION RECIPES

Easy Baked Salmon with Roasted Butternut Squash and Kale – This super easy sheet pan meal is loaded with carotenoids, vitamins A & C, and omega-3 fatty acids.

<https://www.backtothebooknutrition.com/easy-salmon-roasted-butternut-squash-kale/>

Brain Power Salad – Spinach, Salmon, Avocado, Walnuts and Blueberries come together to earn this complete meal true ‘superfood’ status.

<https://www.gimmesomeoven.com/brain-power-salad-blueberry-avocado-spinach-salad/>

I set this up salad bar style for my family so each member could personalize it to their liking. I subbed pecans for walnuts (as that's what I had on hand) and it was a success. I will definitely be making it again in future. –Christine

IN THE NEWS

Vitamin intake and glaucoma risk: A systematic review and meta-analysis – The results of this study demonstrated that high-dose intake of vitamins A and B, but not vitamins C, D, or E, was associated with a low prevalence of glaucoma.

<https://doi.org/10.1016/j.jfo.2021.10.010>

Inside out: Relations between the microbiome, nutrition, and eye health – The etiology of AMD is multifactorial including nutritional factors with associated intestinal microbiome and metabolome, genetic variants in complement pathway and HTRA/ARMS pathways, and environmental risk factors, particularly, smoking. Both micronutrient and macronutrient consumption impact the progression and severity of AMD. “Food is medicine.” The aging population is more vulnerable to nutrient deficiencies. Risks for AMD due to poor nutrition are as great as the risk imposed by smoking. <https://doi.org/10.1016/j.exer.2022.109216>

Effect of macular pigment carotenoids on cognitive functions: A systematic review – This systematic review showed a direct relationship among cognitive functions, macular pigment and the intake of lutein and zeaxanthin.

<https://doi.org/10.1016/j.physbeh.2022.113891>

Omega-3 fatty acid, carotenoid and vitamin E supplementation improves working memory in older adults: A randomized clinical trial – These results support a biologically plausible rationale whereby these nutrients work synergistically, and in a dose-dependent manner, to improve working memory in cognitively healthy older adults. Increasing nutritional intake of carotenoids and ω -3FAs may prove beneficial in reducing cognitive decline and dementia risk in later life.

<https://doi.org/10.1016/j.clnu.2021.12.004>

REQUEST FOR FUTURE NEWSLETTER CONTRIBUTIONS

If you have cases, studies, articles, or clinical pearls that you would like to share with us, we want to hear from you!! We would also love to hear your ideas for future NDPW SIG symposiums and newsletters. Please forward updates to drchristinewinter@gmail.com.

MEMBER NEWS

Are you sharing your NDPW knowledge at the upcoming AAO meeting or elsewhere? Please inform us of your accepted papers, posters, lectures, or other publications. We would also love to hear of your personal awards and accomplishments, and to include them in future newsletters. Please forward updates to drchristinewinter@gmail.com.

MISSION STATEMENT

The mission of the Nutrition, Disease Prevention and Wellness SIG is to promote excellent patient care with lifestyle and nutritional support for prevention and management of eye diseases and related systemic disorders through professional education, scientific investigation, and multidisciplinary collaboration. We strive to foster camaraderie and mentorship for students, doctors, and researchers interested in nutritional science as it relates to eye care.

INCOMING LEADERSHIP

SIG Chair:

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STAY CONNECTED

