



# *Clear Perspectives*

The monthly newsletter from Beauty of Sight

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## BEAUTY OF SIGHT ATTENDS THE FLORIDA ASSOCIATION OF MEDICAL EXAMINERS 51<sup>ST</sup> ANNUAL EDUCATIONAL CONFERENCE

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Concetta Triglia, Beauty of Sight Director of Laboratory Services, with Dr. MacDougall, BCME Chief Medical Examiner, and Anthony Humphries, Beauty of Sight Technician.

The Florida Association of Medical Examiners (FAME) held its 51st Annual Educational Conference in Destin, FL. Walton Beach, Florida, September 10–12. This statewide gathering brought together forensic pathologists, medical examiner staff, law enforcement, and students to share new research and the latest advances in forensic science and technology.

Beauty of Sight Eye Bank was proud to participate, highlighting how vital medical examiner partnerships are to restoring vision. Beauty of Sight works with medical examiners on about 40% of our eye donor cases, making their collaboration and support essential to bringing the gift of sight to those in need. Director of Laboratory Services Concetta Triglia represented the organization, connecting with the professionals who help make these life-changing transplants possible.

By attending, Beauty of Sight increased awareness of our work and reinforced the relationships that ensure more people can receive the gift of sight. The conference also provided essential updates on regulations and techniques that help us maintain the highest standards of care for the patients and families we serve.

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## BEAUTY OF SIGHT CELEBRATES HISPANIC HERITAGE MONTH



Beauty of Sight celebrates Hispanic Heritage Month and the individuals whose creativity, effort, and traditions enrich our daily lives, from advances in science and education to music, food, entrepreneurship, and community leadership. Gracias for the ideas, flavors, and ingenuity that inspire us.

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— SEPTEMBER —

# HEALTHY aging MONTH

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## PROTECT YOUR VISION AS YOU AGE

As we age, our eyes — like the rest of our bodies — go through natural changes. Maintaining healthy vision is essential for staying independent, active, and connected to the world around us.

### Why Eye Health Matters:

One in six adults over the age of 65 experiences a vision impairment that cannot be corrected with glasses or contacts. Common age-related eye conditions include:

- **Cataracts** – Clouded lens causing blurry or dim vision
- **Age-Related Macular Degeneration (AMD)** – Impairs central vision for reading and recognizing faces
- **Glaucoma** – Optic nerve damage that can lead to vision loss
- **Diabetic Retinopathy** – Diabetes-related damage to retinal blood vessels

### Signs to Watch For:

- Blurred or cloudy vision
- Trouble seeing in low light
- Loss of central or side vision
- Halos, flashes, or floaters

### Tips for Healthy Vision as You Age:

- Get regular eye exams
- Wear UV-protective sunglasses
- Eat leafy greens, fish, and antioxidants
- Manage chronic conditions
- Avoid smoking

This Healthy Aging Month, schedule an eye exam for yourself or a loved one and encourage friends and family to do the same. By taking steps to protect your eye health and raising awareness in your community, you can help prevent vision loss and ensure a future where everyone enjoys clear, vibrant vision.

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## LUCAS'S LEGACY LIVES ON THROUGH DONATION



When Lucas unexpectedly passed away at the age of 15, his family made a decision that would forever change the lives of others — they honored his registered wish to be a donor. Knowing that Lucas had made this selfless choice, his family found comfort in upholding his decision and ensuring that his legacy would live on through the gift of donation.

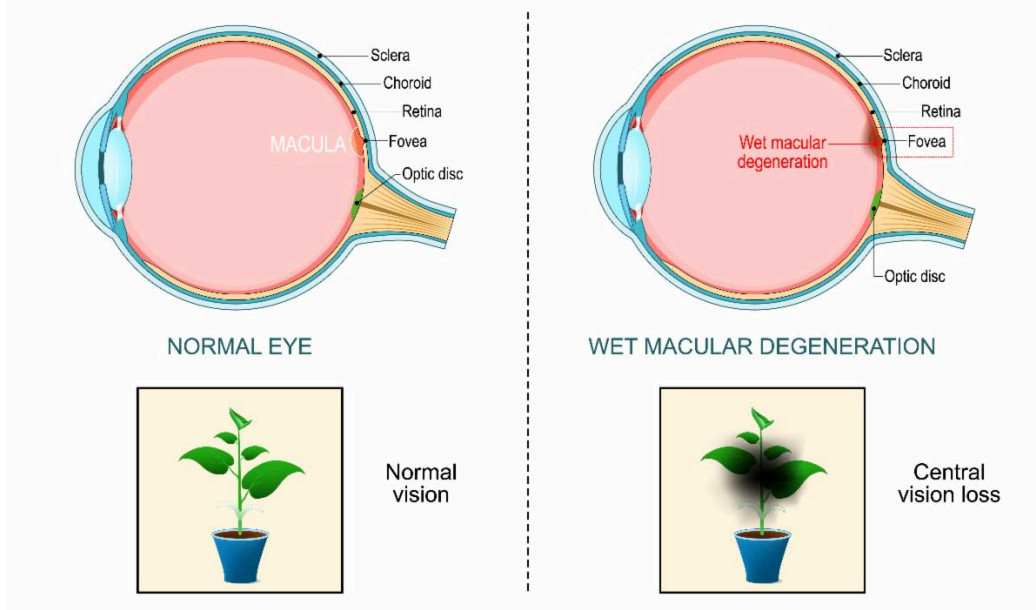
“Even in our pain, we knew what he would have wanted,” said Jeanette, Lucas’s mother. “We find comfort and peace in knowing that Lucas’s corneal tissue was donated to research — contributing to breakthroughs in medicine that may one day help restore or improve sight for others, including people living with conditions like macular degeneration, which gradually robs central vision and impacts daily life.”

Lucas’s gift of sight is a legacy that continues to inspire others in his community to learn more about donation and say yes to giving life and sight. Stories like his serve as a powerful reminder of the incredible impact one person can have. Every donation represents hope, healing, and the chance for someone else to experience life more fully.

By choosing to register as a donor and sharing that decision with loved ones, each of us has the opportunity to create a lasting legacy — just as Lucas did. Together, we can build a future where more lives are saved, and vision is restored through the selfless act of donation.

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# AGE-RELATED MACULAR DEGENERATION



## MACULAR DEGENERATION: WHAT YOU NEED TO KNOW

Age-related macular degeneration (AMD) is a leading cause of vision loss after age 50. It damages the macula, the retina's central area for sharp, detailed vision, causing blurred or lost central sight that can make reading, driving, and recognizing faces difficult. There's no cure, but early detection is essential.

### Types

Dry AMD: Most common; slow retinal cell breakdown.

Wet AMD: Less common but more severe; rapid vision loss from leaking blood vessels.

### Who's at risk

Age 50+, smoking, family history, high blood pressure, and certain racial/ethnic groups.

### Lower your risk

Quit smoking, control blood pressure, and eat leafy greens and fish.

### Catch it early

Get regular eye exams.

Watch for blurriness, wavy lines, or dark spots.

Ask your eye doctor about ways to protect your sight.

### Why it matters

Learning the signs, knowing your risks, and acting early helps preserve vision and quality of life.

**Beauty of Sight's vision:** Create a World Without Blindness. Through education, early detection, and community awareness, we can reduce the impact of AMD.

[LEARN MORE](#)



KRISTIAN  
CORNEA DONOR

## We would love to share your story

If you are the recipient of a cornea or have a story of a donor that you would like to share, please let us know. Email [ddfrancisco@med.miami.edu](mailto:ddfrancisco@med.miami.edu) or use the QR code



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