



Vitreous and Retina

THE PREVALENCE OF
BLINDING EYE-DISEASES



Dr. Silvia Bopp
Foundation

Eye Health Care in Eastern Africa

Enormous progress has been made to treat cataract, the leading cause of blindness in developing countries. However, Africa already faces the next challenges: diabetic retinopathy, age-related macular degeneration and glaucoma present the main emerging diseases with prevalence rates comparable to anywhere in the world. Furthermore, lens complications and retinal detachments can accompany an unsuccessful cataract surgery. These developments have already been observed in China, India and the Middle Eastern countries. So far, Africa has given low priority to retinal diseases; and is not prepared for the procedures and treatments. However, with the right training and equipment, these emerging challenges can be tackled successfully.



Eye-health care in East Africa

Diabetic Retinopathy

Diabetic Retinopathy is a disease resulting from complications of diabetes mellitus. It is defined by blood vessel damage in the retina resulting in further complications, such as new vessel formation, bleeding, retinal detachment and severe sight-threatening macular edema. This disease occurs frequently in diabetics who lack access to a nutritious diet and appropriate health care. It can be detected in dilated eye exams. Treatments include laser or later vitreoretinal surgery for which most regions in East Africa lack equipment as well as trained medical professionals. The majority of blind persons in East Africa could avoid their condition, if they had access to appropriate medical care.

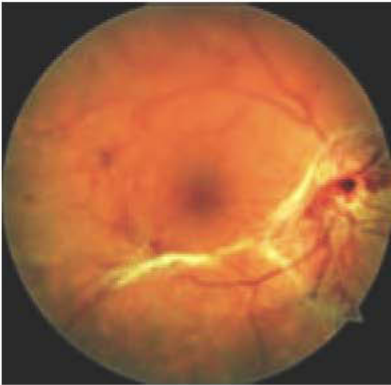


Fig. 1 proliferative diabetic retinopathy with neovascularizations and bleeding

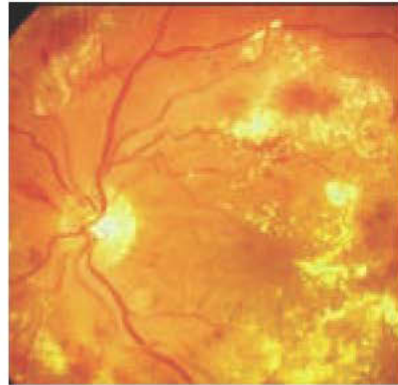


Fig. 2 diabetic maculopathy with massive edema and lipid exudation

Dr.-Silvia-Bopp-Foundation (DSB)

PD. Dr. med. Silvia Bopp's career started in medical and surgical ophthalmology and then focused on vitreoretinal diseases. She adopted an international reputation for her clinical and scientific work as well as educational activities. To round off her engagement in the field she founded the Dr.-Silvia-Bopp-Foundation (DSB-Foundation) in 2008. The main goal of the foundation is to ultimately minimize the prevalence of avoidable blindness in Africa by increasing the number of practicing ophthalmologists in general and by promoting the practice and accessibility of vitreoretinal surgeries in particular.



**PD. Dr. med. Silvia Bopp,
founder of DSB-Foundation**

“As I have found an excellent ophthalmology residency program, implementation of subspecialties, such as the vitreoretinal field, is the next consequent step. As East Africa already faces the problem of increasing retinal diseases, I want to offer my support to establish vitreoretinal eye care in these countries”

LIGHT FOR THE WORLD

LIGHT FOR THE WORLD is a European confederation of national development NGOs committed to helping improve life in developing regions by providing access to specific services for persons with disabilities, stimulating the consideration of accessibility for and inclusion of persons with disabilities in all areas of development.

Supporting disadvantaged regions in the world by offering tools and training to increase their medical self-sustainability is the basis of the collaboration between LIGHT FOR THE WORLD and the Dr.-Silvia-Bopp-Foundation. Together, we are increasing the number of practicing ophthalmologists in Africa by offering ophthalmology scholarships and providing mobile eye-health facilities.



LIGHT FOR THE WORLD with a post-operation recovering patient

The Scholarship Program

The severe shortage of practicing eye health professionals is mainly due to the lack of educational resources and funds. To increase the number of ophthalmology specialists, the Dr.-Silvia-Bopp-Foundation and LIGHT FOR THE WORLD offer interested medical graduates the necessary financial aid, educational resource, as well as guaranteed post-graduate tenure in an underprivileged region. Furthermore, we ensure access to English classes, training equipment and materials and monitor progress through annual project visits. Beyond financial aid, Dr. Silvia Bopp shows her support as one of many visiting specialists in the ophthalmology departments of our partner universities giving students international insight on current issues and findings on the subject of eye health. These actions are made possible through collaboration with local universities such as University of Nairobi and Kilimanjaro Christian Medical Centre.



An ophthalmology specialist in training

Examples of our scholars

Dr. Sarah Kweka



Dr. Sarah Kweka,
graduate student at Kilimanjaro
Christian Medical Centre
(2011–2015)

“Ophthalmology has been my dream, and I really am very grateful to see my dream becoming a reality in the next 2 years.

Very special thanks to Dr Sylvia Bopp, through Light for the World, for providing full sponsorship for my studies. Otherwise, it would have been very difficult, and almost impossible for me to undertake this course.”

Dr. Remezo Philbert



Dr. Remezo Philbert,
graduate student at University of
Nairobi (2011–2014)

“I am very happy to be one of the doctors to receive support from LIGHT FOR THE WORLD and I thank them sincerely, but I also want to particularly thank Dr. Bopp for granting me the funds that finally will enable me to become an ophthalmology specialist.”



For more information about LIGHT FOR THE WORLD
or the Dr.-Silvia-Bopp-Foundation,
visit: www.light-for-the-world.org and www.dsb-foundation.com

LIGHT FOR THE WORLD

Niederhofstraße 26, 1120 Vienna, Austria

TEL +43 / 1 / 810 12 00 15 **E-MAIL** info@light-for-the-world.org

Dr.-Silvia-Bopp-Foundation

Bischofs-nadel 6, 28195 Bremen, Germany

TEL +49 / 42 / 20 11 10 **E-MAIL** info@dsb-foundation.com

Publishing Information: Editor and publisher: LIGHT FOR THE WORLD and
Doctor Silvia Bopp-Foundation – Responsible for content: Rupert Roniger (Austria)
Photos: LIGHT FOR THE WORLD, Dr.-Silvia-Bopp-Foundation
Graphic Design: Barbara Weingartshofer, www.nau-design.at