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For general inquiries,  
please email us directly  
at [info@helpmeseesee.org](mailto:info@helpmeseesee.org).

HelpMeSee is a 501(c)(3)  
nonprofit organization  
registered in the United States.

Also, stay informed and connected  
with us on:



## What's it like being blind?

For those of us who have never had to face blindness or visual impairment, it may be difficult to understand just how different life is like with compromised sight. With Giving Tuesday approaching, we wanted to pass along a video we put together where a few individuals experience what it might be like to be blind in downtown New York City. Scan the QR code with your phone's camera to watch. You won't want to miss it!



# OCTOBER NEWSLETTER



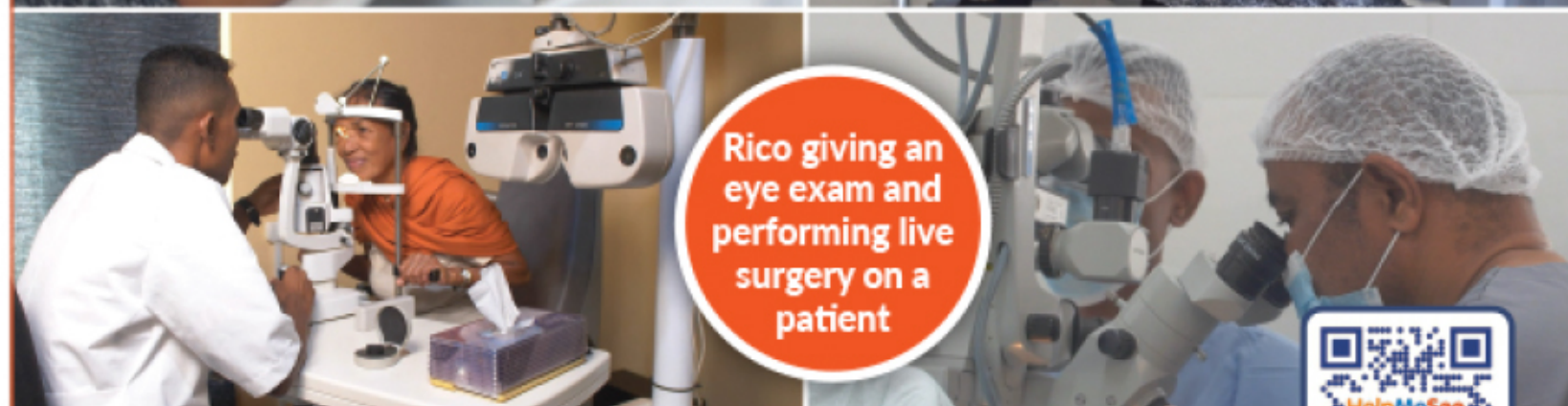
Doctors Rico  
Ludovic and Maho  
Louise heading  
to our location in  
Madagascar for  
training

## HelpMeSee Impact Update

After completing our  
instructor-led,  
simulation-based training,  
trainees are prepared to  
return to their communities  
and restore sight to  
those living in darkness  
around the world.



Rico and Maho  
training on the  
HelpMeSee  
Simulator



Rico giving an  
eye exam and  
performing live  
surgery on a  
patient



Don't forget to follow us on:



Donate Today!

# WELCOMING OUR NEW CEO

On October 9th, I was named President and CEO of HelpMeSee. Since then, I wake up every morning feeling two emotions. The first is excitement! The second is a deep sense of gratitude.

I am grateful because I believe feeling connected to others is the key to living a happy life. And all my life I have been blessed to be a part of things that are bigger than myself.

First, it was my wonderful family, then my schoolmates, my medical colleagues and all the patients whose lives I have touched. Now it is the HelpMeSee community.

At HelpMeSee, we are training an army of healers who will restore sight to those suffering from



cataract blindness in every corner of the world.

Knowing you have changed the world for the better, even a little bit, is the most satisfying feeling a person can have. All of us, each member of this community, have a role to play. And together, we have the opportunity to do so much good!

So, as I embark upon this new role, I invite you to step forward. Donate, fundraise, advocate, be the voice of those living in darkness who cannot speak for themselves. They need us; they need you!

There is actually a third emotion I feel when I wake. That is the compassion and dedication I feel from the HelpMeSee community that humbles me.

I hope you will join me in changing the world, one life at a time.

Sincerely,

Bonnie An Henderson, MD  
President and CEO at HelpMeSee

# A SURGEON FINDS NEW CONFIDENCE TO HELP PATIENTS

Dr. Deepika Macha is an ophthalmologist in Hyderabad, India. Around 60% of the patients she sees are nonpaying; their transportation, accommodations and food are paid for by her clinic. Dr. Macha's greatest joy comes from helping others see the world's wonders by performing cataract surgery.

But it wasn't always this way. Despite her seven years of training, Deepika still lacked confidence, particularly when operating on more mature cataract. So she trained on the HelpMeSee surgical simulator and honed her skills.

She said about the training, "The HelpMeSee instructor-led process involves practicing the step, mastering the step and then implementing the step in real practice." Today, her surgeries flow much more smoothly.

Dr. Macha encountered a patient named Ashwin with mature cataract; he was completely blind in his right eye. He required a tracheostomy to breathe through a hole in his neck. Ashwin needed surgery but was initially considered too difficult to operate on; he was too

much of a risk. After examining him, however, Deepika determined he was stable enough for the surgery and decided to go ahead. After the surgery, Ashwin was elated that, at long last, he could see once again.

Dr. Macha's next challenge is mastering pediatric ophthalmology. She winks as she says, "I'm taking baby steps at the moment."



Photo credit: Hardik Nanavati



# BLINDNESS AWARENESS MONTH

Did you know October is Blindness Awareness Month? Launched in 2009, it seeks to educate by emphasizing the importance of good eye health, inspire by sharing stories of blind and visually impaired people accomplishing incredible things, and advocate by giving a voice to the blind and visually impaired around the world.

Currently, 2.2 billion people around the globe suffer from some form of blindness or visual impairment. "Everyone, if they live long enough, will experience at least one eye condition in their lifetime," says the World Health Organization.

Thankfully, if a condition arises and you live in a country like the US, there is plenty of care to treat the condition. The issue is, for people living in countries containing the world's largest populations, treatment is not so simple. This is why people who develop cataract can live for years with limited to no vision, simply because there is no access to care

At HelpMeSee, we're giving a voice to those who suffer from cataract blindness, and we're in the trenches training specialists to reach them.

Here's a list of things you can do in honor of the people behind Blindness Awareness Month:

- Try doing simple, safe tasks around your house blindfolded. You can even try it with a friend or family member and share your experience.
- Sign up to receive HelpMeSee's e-newsletter to stay informed. Go to [helpmeseesee.org](http://helpmeseesee.org) to sign up!
- Like our Facebook page and start a Facebook fundraiser for HelpMeSee to raise awareness and funds that will go directly to our mission. Go to [www.facebook.com/HelpMeSee](http://www.facebook.com/HelpMeSee) to get started!

# AFRICA SPONSORSHIP CAMPAIGN

In honor of World Sight Day, on October 13th we launched a campaign to raise funds to sponsor a group of students in Ethiopia who are waiting to be trained. Each of these students have made it clear to us that upon completion of their training, they will return to

their communities to restore sight for people waiting for care. The number of people suffering from cataract in Africa is large - over 2 million suffer from complete blindness, and another 6 million have severe visual impairment.

We believe in what these students are doing and what they hope to do. We know you do too. Take a moment to scan the QR code to meet some of these individuals. You'll see their faces, read their stories, and check in on our progress!



SCAN HERE TO HELP US TRAIN AFRICANS TO RESTORE SIGHT TO THEIR COMMUNITY

