The diagnosis of a blinding retinal disease is often overwhelming. But if you or a loved one has been recently diagnosed, getting connected to the Foundation Fighting Blindness is a great way to get educated, better manage your condition, and find support.

Here are some helpful steps you can take to get on a positive path moving forward:

1. **LEARN ABOUT YOUR DIAGNOSIS**

   Visit the Foundation’s website, [FightingBlindness.org](https://FightingBlindness.org), to find a wealth of information in different forms such as articles, videos, and podcasts. The Retinal Education section provides disease-specific information, and you can find out about ongoing clinical trials and potential cures in our Research section.

2. **FIND A SPECIALIST**

   There are some Retina Specialists (visit the Resources section of our website) who see and study patients on a regular basis. These experts are often better able to:

   - Manage any complications
   - Conduct appropriate tests and exams
   - Discuss your prognosis
   - Suggest potential clinical trials for emerging therapies

3. **GET CONNECTED WITH OUR COMMUNITIES**

   The Foundation maintains a network of Chapters around the U.S. and holds seminars and meetings that provide information on research, low vision resources, and other helpful topics. Joining a Chapter is a great way to meet other people and families with blinding diseases in your area who can provide support and information on local resources.
PATIENT RESOURCES
NEWLY DIAGNOSED

4 CONSIDER GENETIC TESTING

- Gives you a definitive diagnosis for which disease is causing vision loss.
- Confirms the inheritance pattern – that is, which family members may be at risk of having or inheriting the condition.
- Helps you qualify for clinical trials of emerging therapies. Some studies may require a genetic diagnosis.

Researchers have identified more than 351 genes associated with retinal degenerative diseases.

Visit the Genetic Testing section of the Foundation’s website for more information.

My Retina Tracker® Registry (the Foundation's patient database) provides valuable information and data on IRDs to pre-screened researchers and companies for:
- Developing therapies
- Recruiting for clinical trials
- Performing other disease-related studies

5 DRIVE SIGHT-SAVING RESEARCH

The Foundation is a world leader in driving the research that is eradicating the entire spectrum of retinal degenerative diseases.

- Visit the Ways to Give section of our website to learn about the ways you can help drive the research.
- Visit VisionWalk.org to learn about our signature fundraising walks held around the country.

6 STAY INFORMED

Stay up to date with the latest from the Foundation about research, clinical trials, events and more through our newsletter, podcasts and social media.

Sign up for email updates and news

For more information, visit FightingBlindness.org or call 888-394-3937.