

# NSU-OCO SVOSH 2019

Roatán, Honduras  
July 27 - August 3, 2019

## *Our Team*



*Para Sol*





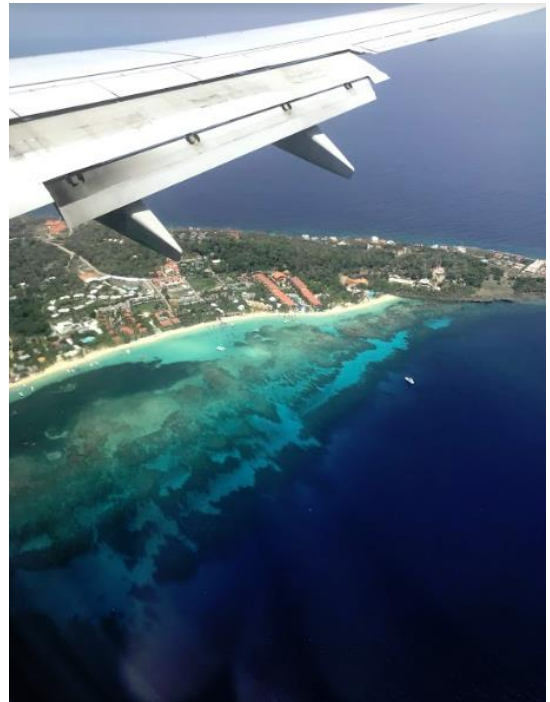
## Pre-Trip Preparations!

We sort, clean, and document prescriptions from donated glasses all year long in preparation for the trip. We fabricate glasses out of donated lenses and frames as well as bring donated sunglasses and readers. All of the glasses have to be sorted, numbered and inventoried on our program on our laptop so we can find the right prescription when we are with a patient on the island.



We bring 17 fifty-pound totes filled with supplies.

Flying to RTB!

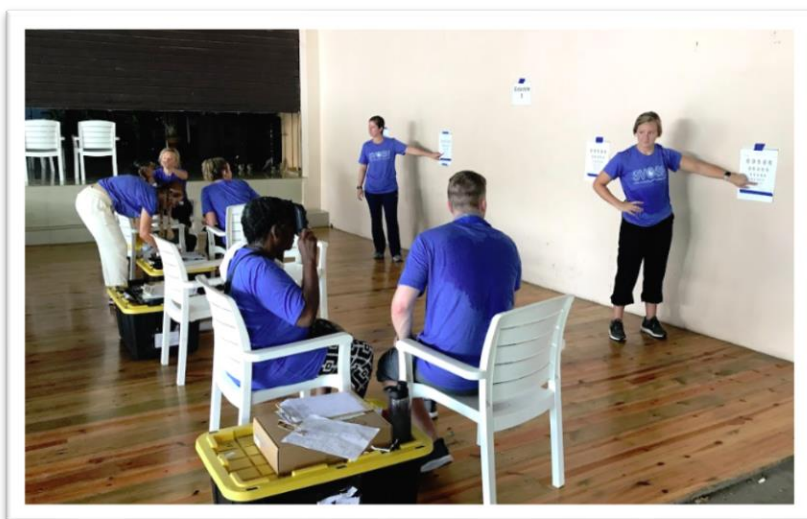


## Highlight Reel

One patient that stood out to me was a young child with albinism. He was extremely shy. I was lucky to be standing near when they put his first pair of glasses on him. He immediately broke out into a huge smile and began reaching to touch his mom's face. Tears came to my eyes as I witnessed a simple pair of glasses completely change this child's demeanor. This experience reinforced my adoration for optometry and commitment to helping those in need.



I helped a very shy young boy who has albinism. He was very afraid of the instruments and testing and seemed slightly overwhelmed by all the hustle and bustle of the clinic. It was a joy to see his face light up when we snuck in some loose lenses in front of his eyes. After he received his glasses it was like he was a different kid, full of confidence.



My favorite part of the trip was helping a woman who had a very high prescription and had been without glasses for 10 years. We were able to give her a pair of glasses and the reaction on her face was priceless.



In four clinic days, we provided care to almost 900 patients. Over 170 of those patients were children. We dispensed over 600 pairs of sunglasses and over 700 pairs of glasses for distance vision, near vision, and bifocal prescriptions.



My favorite part of this trip was working with all the children, and seeing the huge smiles on their faces when they put on glasses for the first time ever. I would say that there is not a better feeling than seeing how you have greatly impacted a child's life by giving them proper eyesight. After graduating I plan on specializing in pediatrics because of my love for children and optometry.



Actions as simple as drinking tap water from the sink will continually remind me of the privileged life that I live in this country and what it means to help those less fortunate.

## Our clinic in Coxen Hole – a steady stream of patients



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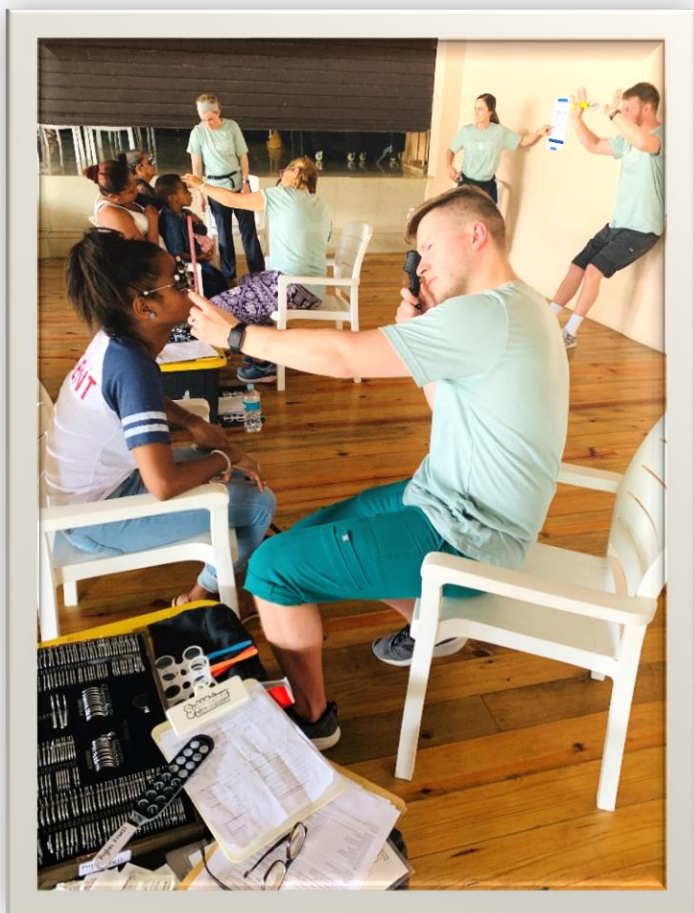
So many people help  
make this trip  
possible!

Pictured here are our  
friends, including  
Juan who drives our  
bus and Margie who  
has helped translate  
since our first trip in  
2009.

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One patient I remember specifically was a middle-aged woman with diabetes that was untreated for 10 years. Unfortunately, she developed severe proliferative retinopathy and was losing vision from it. We referred her to an ophthalmologist and in doing so may have saved her eyes.



**THIS WAS MY FIRST EVER MISSION TRIP AND I CAN HONESTLY SAY THAT I HAVE GROWN AS A PERSON AND AS A CLINICIAN BECAUSE OF THIS TRIP.**

## Highlight Reel

My favorite part was working in the dispensary, where we distributed glasses, sunglasses, and any eye drops recommended. One especially rewarding encounter occurred on the second day at the clinic. A man needed eye drops to relieve his dry eyes. I gave him a bottle of Systane, a drop that is available over-the-counter in the USA, and a huge smile spread over his face. He grabbed my arm and thanked me repeatedly. It was humbling to see how eye drops available anywhere in America could make such a difference in this person's life. It reminded me how lucky I am to be pursuing this as my future profession.



Many patients presented with ocular diseases like cataracts (30 referrals for cataract surgery), pterygium, glaucoma, diabetic retinopathy, keratoconus and other things like dry eye and ocular allergies. We dispensed ALL of our artificial tears (and we could have used more!) and much of our glaucoma and allergy drops.





**We love Roatán!**



**Beautiful Roatán! This is the view from the dock outside our hotel.**





**Thank you for partnering with SVOSH at NSU-OCO!  
We cannot do what we do without you!**