

Letters

A Retina Telemedicine Technique

I really appreciate all the leadership and advice that the Academy and Dr. Parke have provided during the COVID-19 crisis.

I am an ophthalmologist and Academy member. Since I am in an increased risk group, I have limited my practice to telemedicine. I have developed a technique for patients to photograph their retina and optic nerve at home with just a smartphone and a \$16 magnifier. The magnifier is a 20-D (6× magnification) low vision aid. This can be shipped to patients, and they can obtain a bottle of tropicamide for less than \$10 (and have it delivered to them by a pharmacy). Therefore, the total cost with shipping for the magnifier and drops is approximately \$30. This is invaluable for elderly patients or at-risk patients with macular degeneration who require monitoring by their ophthalmologist but are forced to stay home due to risk of contagion with COVID-19. It's also useful for the monitoring of other retinal diseases and glaucoma. As an illustration, here are two images: The first photo (Fig. 1) is a patient with macular drusen; she took the photo at home while I talked her through it from my house. The second photo (Fig. 2) is my retina, which I photographed myself at home. A video to elucidate the procedure is forthcoming.

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WRITE TO US. Send your letters of 150 words or fewer to us at *EyeNet Magazine*, AAO, 655 Beach Street, San Francisco, CA 94109; e-mail eyenet@aao.org; or fax 415-561-8575. (*EyeNet Magazine* reserves the right to edit letters.)

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1. Kabat A, et al. Improving Recognition of Viral and Bacterial Conjunctivitis. 2018
2. O'Brien T.P., Jeng B.H., McDonald M, et al. Acute conjunctivitis: truth and misconceptions. *Curr Med Res Opin.* 2009 Aug; 25(8): 1953-61