



MAY, 2025

Simplifying the Care of Complex Diseases for All iHEALTH AND WELLNESS HIGHLIGHTS

iHealth and Wellness Foundation, Inc.

A501(c)(3) Nonprofit: Offers Simple, Tax-Advantaged Giving Options



VOL. 12



Sasika Nanayakkara
Founder, CEO & CTO



Founder's Message

Dear iHealth Community,

As we step into June, we are filled with gratitude for the milestones we've achieved together. From patient advocacy to community engagement, this month has been a powerful reminder that when compassion meets innovation, we move one step closer to a world where every patient with a complex condition can lead a healthy, connected life.

Celebrating Our 2-Year Anniversary

This May, we marked an important milestone—the 2-Year Anniversary of the iHealth and Wellness Foundation, founded on my father's birthday. His legacy of compassion, resilience, and service continues to guide everything we do.

Thank you for standing with us—whether you're a patient, caregiver, provider, volunteer, or supporter. Together, we are building a future where every patient has access to care, connection, and hope.

Navigating Your Child's NF Journey

A Partnership Between iHealth & NYP-Columbia NF Center

Sasika Nanayakkara
iHealth Founder, CEO and CTO

Taemin Oh, MD
Pediatric neurosurgeon,
Co-Director of Complex
Pediatric Spinal
Neurosurgery,
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Bonnie Kaur MD,
Pediatric Neurologist,
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Assistant Professor of
Neurology and Pediatrics
at NYP

Lauren Beth Yeager, MD
Ophthalmologist,
Strabismus Specialist,
Assistant Professor of
Ophthalmology at NYP

Parent

June 9th, 2025
 5:00 PM EDT

Upcoming Event

"Navigating Your Child's NF Journey"

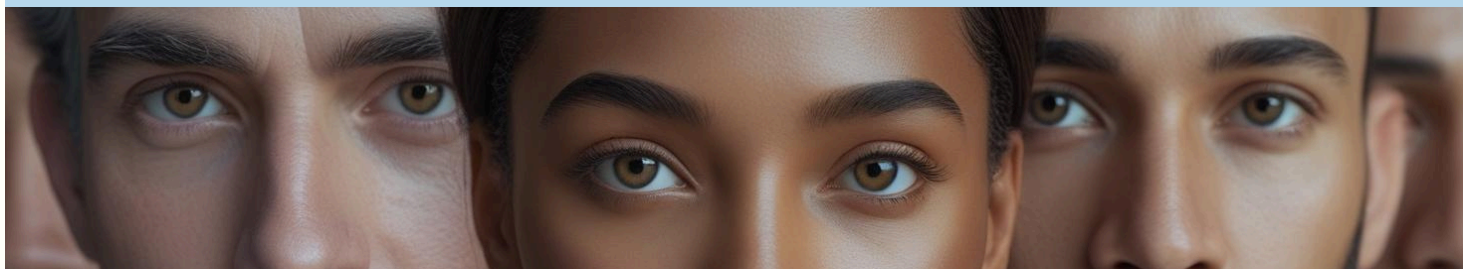
Scheduled for June 9, 2025 | 5:00 PM EDT

Join us for a **live event** where leading experts from **NewYork-Presbyterian** will share the latest insights on **Neurofibromatosis (NF) care**. **Reserve your spot now:**

<https://forms.gle/2d4aeDE8YGcZtktx5>

Patient Education Series

Neurofibromatosis and Eye Health



Neurofibromatosis (NF) is a genetic disorder that often affects vision, particularly in NF1 and NF2. In NF1, patients may develop **Lisch nodules** and **plexiform neurofibromas** near the eyes, which can lead to **glaucoma** if fluid drainage is blocked (Alkatan et al., 2020). About **25%** of NF1 patients develop **optic pathway gliomas**, which may cause vision loss or remain stable (Listernick et al., 2007; Avery & Fisher, 2007).

NF2 is linked to **juvenile cataracts**, **retinal hamartomas**, and **epiretinal membranes**, often causing blurred or double vision (Borkar & Prasad, 2023).

Early detection through **MRI** is key to preserving vision (Wang & Zhang, 2023). Treatments include **chemotherapy**, **surgery**, and **vision rehab**. Emerging options like **MEK inhibitors** and **gene editing** show promise with fewer side effects (Koc & Demirci, 2023).

A **multidisciplinary team** approach—combining medical care, education, and support—can greatly improve outcomes.

Ways to Help

- **Give hope, give health:** Visit www.ihealthwellness.org to make your contribution.
- **Share:** Amplify our message by sharing our posts on social media.
- **Volunteer:** Share your time and skills to support our mission. Contact us! <https://www.ihealthwellness.org/job-openings>

FUNDRAISING CAMPAIGN



PAYPAL GIVING FUND
<https://tinyurl.com/PayPal-Giving>

Support iHealth and Wellness Foundation: Every donation helps us move closer to a world where no one struggles alone with NF, Cancer, Diabetes, or other complex diseases. Support patients today!



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<https://tinyurl.com/FB-Giving>