

# WLON Health Newsletter

March 2017

## Keeping Your Eyes Healthy as You Age

Here's what you need to know to help keep your eyes healthy as you age.

Vision plays a large role in our experience of the world, but sadly, it tends to deteriorate as we age. According to the CDC, 3.3 million adults over the age of 40 have poor vision or are blind, and another 61 million are at high risk for serious vision loss. But there is hope. There are many ways to protect your eyes and keep them healthy well into your later years. Here's what you need to know to keep your eyes healthy as you age.

### Know Your Family History

Many eye conditions are hereditary. For example, if your parents or grandparents suffered from cataracts, you might also be at risk for developing them. Sharing information like this with your eye doctor can help them as they care for your eyes.

### Get Examined

Although eye exams are important at every age, everyone over the age of 50 should be sure to have an eye exam with dilation every year. The eye drops used for dilation will open up your iris wide enough for the eye doctor to see through to the back of your eye where your retina is. Damage to the retina can lead to permanent vision loss. Those with diabetes are especially

prone to this sort of damage, so an annual eye exam is even more essential for them. The key is early prevention. If your doctor identifies a problem early enough, they can often treat it and minimize or avoid vision loss.

### Don't Assume it's Normal

There is a temptation to ignore changes in your vision or to chalk them up to the aging process. However, it's important to note any changes in your vision, because it could represent a disease

that's preventable or treatable if caught early. The best course of action is to schedule an eye exam with your doctor to make sure you're taking the proper steps toward healthy eyes and clear vision.

### Know the Warning Signs

While eye emergencies are relatively rare, it's helpful to know when you should go to the emergency room and when you can wait a day or two for an appointment with your doctor. Here's a general guide to help you decide how to proceed:

Seek attention immediately if you have:

- Sharp pain and redness in the eye
- Sudden, partial or total vision loss in one or both eyes
- Double or distorted vision
- Experienced trauma of any kind to the eye



- The sensation of a shade or curtain being drawn across your field of vision

The following symptoms can probably wait a day or two:

- Trouble seeing objects on the sides of your visual field
- Trouble seeing at night or reading in dim light
- Trouble telling the difference between colours
- Blurring of objects that are far away or near
- Itchy or watery eyes

If in doubt, don't hesitate to call your eye doctor or primary physician.

degeneration (AMD), which is a leading cause of blindness in America.

- Quit smoking. Smoking are more likely to develop cataracts, AMD, and uveitis that can lead to cataracts, glaucoma, and retinal detachment.
- Keep conditions like high blood pressure, diabetes, and high cholesterol under control. All of these conditions can damage the eyes if left untreated.

Taking a preventative approach to your eye health and seeing your eye doctor every year are the best ways to keep your eyes healthy as you get older.



**Change Your Lifestyle**  
There are many everyday things you can do to both protect your eyes from damage and reduce your risk of developing certain eye diseases.

- Wear your glasses. This helps reduce eye strain and fatigue that can lead to eye irritation.
- Wear sunglasses when you're outside, even when it may not be sunny. UV rays can damage your eyes even when it's cloudy outside.
- Eat at least 5 servings of fruit and vegetables per day. These foods contain nutrients needed to protect and replenish the eye. Green leafy vegetables in particular carry nutrients that help prevent age-related macular

### Recipe of the Month

#### Hamburger Steak with Onions and Gravy

##### What U Need!

- 1 pound of ground beef
- 1 egg
- ¼ cup bread crumbs
- 1/8 tsp ground black pepper
- ½ tsp seasoned salt
- ½ tsp onion powder
- ½ tsp garlic powder
- 1 tsp Worcestershire sauce
- 1 tbsp. vegetable oil
- 1 cup sliced onions
- 2 tbsp. all purpose flour

##### What 2 Do!

- In a large bowl, mix together the ground beef, egg, bread crumbs, pepper, salt, onion powder, garlic powder, and Worcestershire sauce. Form into 8 balls, and flatten into patties.
- Heat the oil in a large skillet over medium heat. Fry the patties and onion in the oil until patties are nicely browned, about 4 minutes per side. Remove the beef patties to a plate, and keep warm.
- Sprinkle flour over the onions and drippings in the skillet. Stir in flour with a fork, scraping bits of beef off the

bottom as you stir. Gradually mix in the beef broth. Season with seasoned salt. Simmer and stir over medium-low heat for about 5 minutes, until gravy thickens. Turn heat to low, return patties to the gravy, cover, and simmer for another 15 minutes.

Health is not values till sickness comes.

- Thomas Fuller

### Happy Birthday!!!!

- Debbie Leckner Mar. 1
- Anthony Brown Mar. 2
- Logan Shabaquay Mar. 3
- Conan Pitchenese Mar. 3
- Kathy McIvor Mar. 9
- Taliah Williams Mar. 10
- Margaret Williams Mar. 12
- Margaret Esquega Mar. 12
- Krissy Brown Mar. 19
- Jamie Brown Mar. 20
- Teresa Lacroix Mar. 30
- Cori Brown Mar. 31



### Eco Green Living Tip

Observe an eco Sabbath. For one day, afternoon, or an hour a week, don't buy anything, don't use machines, don't switch on anything electric, don't cook, don't answer your phone and, in general, don't use any resources.  
([www.globalstewards.org](http://www.globalstewards.org))

### Weird but True Health Fact

The human body has as many hairs on it as a gorilla. The gorilla's hair is easier to see because it is longer and thicker than human hair.  
([www.hubpages.com](http://www.hubpages.com))

### FYI....

- March Break Activities – March 13-17
- Healthy Living Food boxes – March 17
- Recycling Day – March 27

### Quote of the Month

# March

## Health



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 FHT Clinic 10-3 pm	2	3	4
5	6	7 Diabetes Nurse In	8 Cooking For Life Classes 4-6 p.m.	9 Merchandise Bingo 4-6 p.m.	10	11
12	13 March Break Activities Begin	14 March Break Activities	15 March Break Activities	16 March Break Activites	17 Last Day of March Break Activities	18
19	20	21 CHN In	22 Elder's Gathering 4-7 pm CHN in	23 Youth Recreational Outing 4-8 p.m. CHN In	24	25
26	27 Recycling Day	28	29	30	31	