



EYE CARE MONTH

PATHWAYS to INJURY PREVENTION

GLAUCOMA AWARENESS MONTH

Glaucoma is a leading cause of blindness in the United States. With early diagnosis and treatment, most people can retain their vision for life.

What is glaucoma?

In a healthy eye, fluid is constantly being made and drained through a microscopic, drainage canal.

When something blocks or prevents this natural drainage, the pressure inside the eye goes up. Glaucoma is often caused by increased pressure that can develop when

the fluids in the eye are not draining properly. This condition eventually damages the nerve that connects the eye to the brain (the optic nerve) and leads to loss of vision.



(peripheral vision) is noticeably affected.

Am I at risk?

While the causes for glaucoma are not completely known, we do know that risk factors for its development include smoking, family history, race and older age.

Glaucoma may affect people of any age from newborns to the elderly but is more common in adults as they approach their senior years. African-Americans, Hispanics and people with diabetes are also at higher risk of getting the disease.

How is glaucoma treated?

Glaucoma can be treated with any of the following:

- Eye drops that lower eye pressure
- Laser therapy that allows for better drainage of fluids inside the eye



What are the symptoms?

While occasionally, the condition may come on suddenly; most cases progress so slowly there are often no warning signs before damage inside the eye has already occurred. In most cases, a person's side vision

Did you know?

- ❑ Researchers have found that walking 40 minutes a day may lower pressure up to 20%.
- ❑ Preventing obesity improves the health of the liver; which is an integrated function of the retina.
- ❑ Avoiding artificial sweeteners can reduce the symptoms of dry eye.
- ❑ Discontinuing smoking reduces the risk of cataracts.
- ❑ Glaucoma does not have to interfere with leading a happy, sighted and fulfilling life. Detecting the disease early can save your sight.
- ❑ Information from this newsletter is courtesy of Eye Care America, www.eyecareamerica.org, stlukeseye.com

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PREVENTING EYE INJURIES

Over one million people suffer eye injuries each year in the United States. Almost 50% of these accidents occur at home, and 90% of them could have been prevented.

Prevention is the first and most important step in avoiding eye injuries.



**“Safety is not a gadget
but a state of mind.”**

~ Eleanor Everet

In the house

Everyday products can sometimes cause burns when they touch the eyes. Make sure that all spray nozzles are directed away from you before you pull the handle. Read instructions carefully before using cleaning fluids, detergents, ammonia or harsh chemicals. Wash your hands thoroughly after use. Use grease shields on frying pans to protect from spattering. Wear safety goggles to shield your eyes from fumes and splashes when using powerful chemicals. Use opaque goggles to avoid burns from sunlamps.

In the Workshop

Many objects can fly into your eyes unexpectedly and cause injury. Think about the work you will be doing, and protect your eyes from flying fragments,

fumes, dust particles, sparks and splashing chemicals before you begin work. Read instructions thoroughly before using tools and chemicals and follow precautions for their use. Protect yourself by wearing safety glasses.

Around children

Toys and games can be dangerous when used incorrectly. Pay attention to your child's age and responsibility level when you buy toys and games. Avoid projectile toys such as darts, pellet guns, etc., which can hit the eye from a distance. Supervise children when they are playing with toys or games that can be dangerous. Teach children the correct way to handle items such as scissors and pencils. BB and pellet guns should be considered as dangerous as

regular firearms.

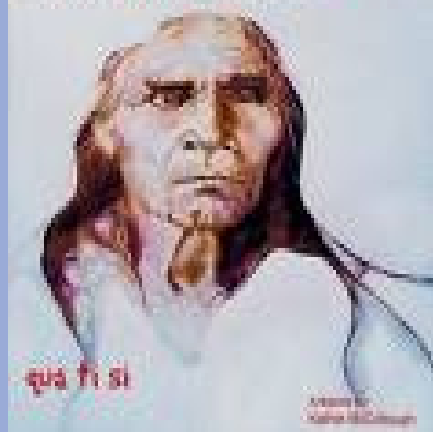
Around the car

Sparks and fumes can ignite rapidly and explode. Battery acid can cause serious eye injury. Put out all cigarettes and matches before opening the hood of the car. Use a flashlight - not a match or lighter - to look at the battery at night. Keep protective goggles with your jumper cables and wear them. Wear protective goggles for auto body repairs when grinding metal or striking metal against metal. When you jump-start a car: Make sure the cars are not touching each other; Be sure the jumper cable clamps never touch each other. Never lean over the battery when attaching cables, Attach the positive cable (red) to the positive terminal of the dead battery first, then attach the other end of the positive cable to the good battery; Attach the negative terminal of the good battery, then attach the other end of the negative cable to a grounded area on the engine away from the negative terminal of the dead battery. Never attach a cable to the negative terminal of the dead battery.

-www.medem.com



Through Indian Eyes



FOUR COMMON CAUSES OF LOSS OF VISION IN ELDERLY

- Age-related macular degeneration: blurred vision, image distortion, central scotoma, difficulty reading
- Glaucoma: visual field loss, blurred vision (late)
- Cataract : blurred vision, glare, monocular diplopia
- Diabetic retinopathy: blurred vision, floaters, visual field loss, poor night vision