

# City Of Mission's



# Healthline

## August 2016

Welcome to this month's edition of *Healthline*. In this issue, we will be focusing on the importance of *Healthy Vision and Eye Care*.

## Save the Date!

### Upcoming Events:

August 18, 2016

Health & Wellness Seminar  
Topic: Healthy Vision & Eye  
Care

Where: Council Chambers

Time: 2:30p.m. – 3:30 p.m.

## Signs Of Eye Problems

Even if you have no signs, regular eye exams are recommended—especially for those with some chronic health conditions such as diabetes and high blood pressure. Early detection and treatment can be the key to preventing sight loss.

### **Abnormal, Non-Emergency**

Any changes in the appearance of your eyes or vision should be investigated further. Some examples include:

- 👁️ Unusual trouble adjusting to dark rooms
- 👁️ Difficulty focusing on near or distant objects
- 👁️ Squinting or blinking due to unusual sensitivity to light or glare
- 👁️ Change in color of iris
- 👁️ Red-rimmed, encrusted or swollen lids
- 👁️ Recurrent pain in or around eyes
- 👁️ Double vision
- 👁️ Dark spot at the center of viewing
- 👁️ Lines and edges appear distorted or wavy
- 👁️ Excess tearing or "watery eyes"
- 👁️ Dry eyes with itching or burning
- 👁️ Seeing spots, ghost-like images

### **Emergency**

The following may be indications of potentially serious problems that might require emergency medical attention:

- 👁️ Sudden loss of vision in one eye
- 👁️ Sudden hazy or blurred vision
- 👁️ Flashes of light or black spots
- 👁️ Halos or rainbows around light
- 👁️ Curtain-like blotting out of vision
- 👁️ Loss of peripheral (side) vision



*Source: Prevent Blindness*

# Growing Older With Good Vision

We rely on sight more than any other sense to enjoy life to the fullest. Your vision changes naturally throughout your life.

For example, you may know that with age:

- 👁️ Your eyes need more light to see
- 👁️ It becomes harder to tell the difference between some colors, particularly shades of blue and green
- 👁️ It becomes more difficult to focus on things that are near.
- 👁️ Adjusting to glare and darkness can become more troublesome.



Nearly everyone experiences these and other changes in their vision as they grow older. The good news is you can continue to lead an active and independent life even with these changes.

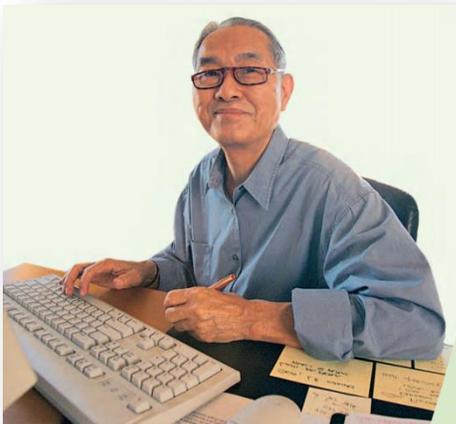
There are three steps you can take to help take care of your sight:

- 👁️ **Visit an eye doctor regularly.** One very important thing you can do is getting your eyes checked regularly by an eye doctor—at least once every other year—especially if you are 55 or older. Some people, especially those with diabetes, may need to go more often. You should visit your eye doctor even if you have no problems seeing. There are several eye diseases that have no symptoms during their early stages and only your eye doctor can tell if you have them. Your eye doctor can treat common eye problems you may have, keep your eyeglass prescription up-to-date, and check for eye diseases. If you do have any problems with your eyes, your eye doctor will discuss the best way to treat them with you.
- 👁️ **Budget for proper eye care.** You should budget for the cost of a regular eye exam at least every other year or more frequently if your doctor recommends it. Most people want to protect their vision, even if it involves a cost. Proper eye care doesn't have to be expensive. Think of it as an investment in good vision.
- 👁️ **Make changes to help yourself see better.** Small changes in the way you live will help you to see better as you age. These simple changes include: Wearing sunglasses and a brimmed hat if you are sensitive to bright light and anytime you are outdoors in bright sunshine. Improving lighting around your house. Wearing safety eyewear when working around your house or playing sports.

Source: *Prevent Blindness*

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## Is Your Workspace A Site For Sore Eyes?



You rub your eyes, squint and try everything you can to make them feel better. Could the burning, watering, blurred vision, even headaches be caused by eyestrain from your computer screen?

Adopting these habits can help:

- 👁️ Change the pace by getting up and moving at least once every two hours.
- 👁️ Make a conscious effort to blink more often, or consider using over-the-counter artificial tears.
- 👁️ Get appropriate eyewear that is fitted for computer work.
- 👁️ Adjust your monitor about 18 to 30 inches from your eyes.
- 👁️ Check the lighting and reduce glare.

Source:

*Mayo Foundation for Medical  
Education & Research*

Protect your vision with  
regular eye exams



## Getting Professional Eye Care

At a complete eye exam, called a dilated eye exam, the eye doctor widens the pupil of the eye with eye drops to allow a closer look at the inside of the eye. This exam may not be part of an eye exam for a new pair of eyeglasses or contact lenses. Be sure to ask your eye doctor for a dilated eye exam.

### How Often Should I Have An Eye Exam?

Prevent Blindness recommends that everyone receive a comprehensive eye exam through dilated pupils regularly as recommended by your eye doctor. In general, the recommended frequency of comprehensive eye examinations for people without symptoms or special risk factors is:

- 👁️ **20-39 Years Old:** If you are 20-39 years of age and African-American, you should get a complete eye exam **every 2-4 years**. If you are 20-39 years of age and Caucasian, you should get a complete eye exam **every 3-5 years**.
- 👁️ **40-64 Years Old:** If you are 40-64 years of age and African-American, you should get a complete eye exam **every 2-4 years**. If you are 40-64 years of age and Caucasian, you should get a complete eye exam **every 2-4 years**.
- 👁️ **65 Years Old or Older:** You should get a complete eye exam every 1-2 years.

Source:  
*Preventing Blindness*

## Question & Answer

### How often should I have an eye exam?

**Answer:** The American Optometric Association (AOA) recommends that adults wearing glasses or contacts and adults aged 61 and older should see their eye doctor every year or as recommended. If no vision correction is required, adults aged 18 to 60 should have eye exams every two years.

### What is a cataract?

**Answer:** A cataract is a cloudiness of the lens in your eye that prevents light from passing to the retina, which can impair your vision. Cataracts form naturally as you age and sometimes remain small and unnoticeable. But with more developed cataracts, it's like constantly viewing the world through a foggy window.

### What should I bring to my eye exam?

**Answer:** You should provide your doctor with a list of prescription medications and any vitamins or dietary supplements you're currently taking or regularly took in the past. You should also bring your glasses or contacts and a copy of your most recent prescription. Your eye may be sensitive to light for a few hours after having your pupils dilated so you may want to bring sunglasses.

### What is myopia (nearsightedness)?

**Answer:** Nearsightedness is a refractive error that makes distant objects look blurry. It typically happens when the eye is longer than normal causing the focal point to fall *short* of the retina.



# Getting Your Child Ready For School

Vision plays an important role in your child's physical, mental, and social development. Uncorrected vision problems can impair child development, interfere with learning, and even lead to permanent vision loss. Early detection and treatment of eye problems are critical.

## Be an advocate for your child's vision and eye health!

- 👁️ Make sure your child's healthcare provider, educator, or public health program completes regular vision screenings.
- 👁️ Take your child to an eye doctor (optometrist or ophthalmologist) if they do not pass a vision screening, if they are at increased risk of a vision problem due to developmental delay, medical condition, or a family history of vision problems, or if you have a concern about your child's vision.
- 👁️ Follow all treatment recommendations the eye doctor prescribes for your child- including eye glasses, wearing an eye patch, medications, and/or surgical recommendations.



*Source:  
Prevent Blindness*

## Healthy Recipe

### Fresh Corn Pancakes with Lemon Drizzle

Start your morning off right with these light and easy pancakes. Fresh corn is in abundance during the summer and adds a subtle sweetness. Combining whole wheat and all-purpose flour is a fun cooking hack that enhances the nutrition without changing the flavor and texture. Drizzle on our lime and honey syrup for a fresh and zesty kick.

### Makes 4 Servings

**Per serving:** 198 calories, 6 g total fat (3 g saturated fat), 30 g carbohydrate, 7 g protein, 2 g dietary fiber, 197 mg sodium.



### Ingredients:

- 👁️ 6 Tbsp. whole-wheat pastry flour
- 👁️ 6 Tbsp unbleached all-purpose flour
- 👁️ ½ tsp salt
- 👁️ 1 large egg
- 👁️ 2/3 cup 1% milk
- 👁️ 4 tsp. unsalted butter, melted
- 👁️ ½ cup fresh corn kernels
- 👁️ 1 med scallion, green part only
- 👁️ 1 egg white
- 👁️ 2 Tbsp. honey, preferably wildflower
- 👁️ 1-2 Tbsp fresh lime juice
- 👁️ Cooking spray

### Directions:

1. In medium mixing bowl, combine flours and salt.
2. In small bowl, use fork to beat egg. Add milk and melted butter and stir to combine.
3. Add wet ingredients to dry ones, mixing until combined but small lumps remain. Stir in corn and scallion greens.
4. In small bowl, use hand or electric mixer to beat egg white until soft peaks form. Gently fold egg white into pancake batter.
5. Coat heavy skillet, preferably cast iron, generously with cooking spray and set pan over medium-high heat. When drops of water flicked into pan bounce, re-stir pancake batter. Using 1/4 cup measure, scoop down to bottom of bowl and dip out about 3 tablespoons batter. Pour batter onto skillet, making 3 1/2-inch pancake. Repeat, placing pancakes 3 inches apart. Cook until bubbles dot pancakes, edges look opaque and bottoms are nicely browned, about 3 minutes. Flip pancakes and brown lightly on second side. Transfer pancakes to platter and cover to keep warm.
6. For drizzle, in small bowl, whisk honey and 1 tablespoon lime juice together until combined. If syrup is too sweet, add more lime juice to taste.
7. Serve pancakes with honey-lime drizzle

# Move Of the Month:

## Blogilates 30 DAY THIGH SLIMMING CHALLENGE

complete the # of reps of each exercise listed every day to sculpt your slim thighs by day 30!

### 30 Day Thigh Slimming Challenge

This month, challenge yourself to some leg work!



1 <input type="checkbox"/> 6 Plie Squats <input type="checkbox"/> 9 Leg Swings ea. <input type="checkbox"/> 5 Side Lunges ea.	2 <input type="checkbox"/> 6 Plie Squats <input type="checkbox"/> 6 Leg Swings ea. <input type="checkbox"/> 6 Side Lunges ea.	3 <input type="checkbox"/> 7 Plie Squats <input type="checkbox"/> 7 Leg Swings ea. <input type="checkbox"/> 7 Side Lunges ea.	4 <input type="checkbox"/> 8 Plie Squats <input type="checkbox"/> 8 Leg Swings ea. <input type="checkbox"/> 8 Side Lunges ea.	5 <input type="checkbox"/> 9 Plie Squats <input type="checkbox"/> 9 Leg Swings ea. <input type="checkbox"/> 9 Side Lunges ea.	6 <input type="checkbox"/> 10 Plie Squats <input type="checkbox"/> 10 Leg Swings ea. <input type="checkbox"/> 10 Side Lunges ea.
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@Blogilates BLOGILATES.COM #30daythighchallenge

Complete the puzzles and turn them to Human Resources by August 12, 2016 by 12:00 p.m. to be entered into a raffle for a \$10 gift card!

# Puzzle

Congratulations to last month's winner:  
**Blanca Ibarra**  
Fire Department

### Healthy Vision

G E M I P S I S E L M D E A S  
L T J A I R R A H S I E Y M S  
A G C G X E O Y I L K I E O E  
S G H W T E P T A P Z Y Y C N  
S T L A Q E A T E W O A R U D  
E L O D R M E C H C Z Y D A N  
S L T O G D X D R D T O M L I  
F A P I A M B L Y O P I A G L  
S I T I V I T C N U J N O C B  
A S B C O N T A C T S F E N R  
A P R E S B Y O P I A O Y I O  
S E S S A L G N U S I C E Y L  
U N O I S I V U C K H U Y X O  
S R A E T J J X V S I S H C C  
L E N S E S S T C A R A T A C

- Amblyopia
- Astigmatism
- Blindness
- Cataract
- Colorblindness
- Conjunctivitis
- Contacts
- Dilated
- Dry Eye
- Exam
- Eye
- Floaters
- Focus
- Glasses
- Glaucoma
- Hyperopia
- Lenses
- Myopia
- Presbyopia
- Protection
- Sight
- Sunglasses
- Tears
- Vision

			7			9	
		9		3		6	
8			6		4	3	2
7					3	6	
	2			7			5
		8	5				7
9	8	1			7		6
	4			9		2	
	6				5		

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Human Resources Coordinator  
Insurance Benefits Specialist

Next Month's Issue:

# Stress Management