

City Of Mission's

Live Well, Work Well



August 2017 Welcome to this month's edition of *Live Well, Work Well*. In this issue, we will be focusing on the importance of Healthy Vision and Eye Care.

Who's Who in Eye Care

There are several types of specialists for you to contact for help with questions and problems regarding your eyesight. The following definitions were provided by each corresponding professional organization:

Ophthalmologists (Definition provided by the American Academy of Ophthalmology) An ophthalmologist is a physician who specializes in the comprehensive care of the eyes and visual system in the prevention of eye disease and injury. They are physicians who are qualified by lengthy medical education, training and experience to diagnose, treat and manage all eye and visual system problems, and are licensed by a state regulatory board to practice medicine and surgery. The ophthalmologist is the medically trained specialist who can deliver total eye care: primary, secondary and tertiary care services (i.e., vision services, contact lenses, eye examinations, medical eye care and surgical eye care), and diagnose general diseases of the body.

Optometrists (Definition provided by the American Optometric Association) The optometrist is a health care professional trained and state licensed to provide primary eye care services. These services include comprehensive eye health and vision examinations; diagnosis and treatment of eye diseases and vision disorders; the detections of general health problems; the prescribing of glasses, contact lenses, low vision rehabilitation, vision therapy and medications; the performing of certain surgical procedures; and the counseling of patients regarding their surgical alternatives and vision needs as related to their occupations, avocations and lifestyle.

Opticians (Definition provided by the Opticians Association of America) Opticians are professionals in the field of designing, finishing, fitting and dispensing of eyeglasses and contact lenses, based on an eye doctor's prescription. The optician may also dispense colored and specialty lenses for particular needs as well as low-vision aids and artificial eyes.

Certified Orthoptists (Definition provided by the American Association of Certified Orthoptists) The orthoptist, an allied health professional in ophthalmology, works in an adjunctive capacity with an ophthalmologist in the diagnostic and therapeutic assessment of children and adults with strabismus, amblyopia, diplopia and

disturbances of binocular function. Expert in the visual assessment of nonverbal patients and in the performance of diagnostic tests used to evaluate visual function; the orthoptist may also be skilled in refraction, visual field testing, electro physiologic testing, contact lens evaluation and low vision assessment.



Source: Prevent Blindness

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Next Month's Issue:

Stress Management



How Often Should I Have an Eye Exam?

Getting regular professional eye care is part of maintaining healthy vision as you age. 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. 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

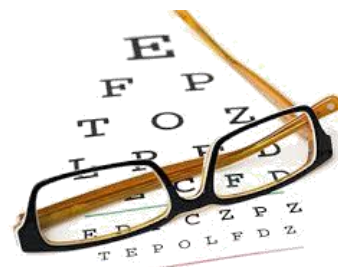
- If you are 40-64 years of age and African-American, you should get a complete eye exam every 2-4 years.
- If you are 40-64 years of age and Caucasian, you should get a complete eye exam every 2-4 years.

65 Years Old or Older

- You should get a complete eye exam every 1-2 years.

People with Special Risks

- People with special risks, such as diabetes, a previous eye trauma, surgery or a family history of glaucoma, may need an eye exam more frequently. People with symptoms of eye trouble should see an eye doctor right away.







Source: Prevent Blindness

Growing Older With Good Vision

Good vision is a vital part of feeling your best. 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 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. There may be many ways to finance your eye care: health insurance, private plans, Medicare and Medicaid may all cover a portion of the cost. Check with your insurance carrier.
-  **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. Another way to grow older with good vision is to learn about vision changes that occur as you age. By being well informed, you can learn what problems may develop with your vision, how those problems can be detected, and what steps you can take to save your sight. When you go in for an eye examination, talk to your doctor about your eyes and your vision.

Source: Prevent Blindness

Question & Answer



What exactly does 20/20 vision mean?

Answer: 20/20 Vision is commonly accepted as the standard of normal distance vision for a human being. Basically it means "good visual acuity at 20 feet." So if your vision is 20/20, you can read certain sizes of letters on a Snellen chart clearly at 20 feet or closer. But if your friend has 20/15 vision, his/her visual acuity is better than yours: you will have to stand 15 feet away from the chart to read the smaller letters that he/she can read while standing 20 feet away.

What is the difference between nearsightedness and farsightedness?

Answer: Nearsightedness, or myopia, causes objects in the distance to be blurry while farsightedness, or hyperopia, causes near objects to appear blurred.

How do I know if I have glaucoma?

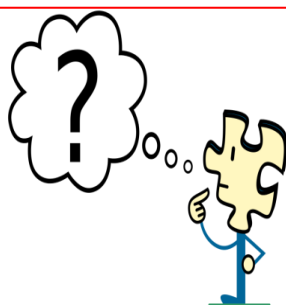
Answer: The only way for you to know is to be examined by a doctor. Glaucoma has no symptoms until there damage to your optic nerve. But there are many routine testes that can identify risk factors and/or presence of glaucoma.

Does having high eye pressure mean I will lose vision?

Answer: Not necessarily. But it does indicate that you may be at risk for glaucoma, which may lead your doctor to recommend an appropriate treatment to lower IOP.

Puzzle

**Congratulations to
last month's winner:
Cathy Hernandez
Human Resources**



Healthy Vision

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

Blurred	Cataract	Contacts	Dilated
Exam	Eye Pressure	Farsightedness	Glasses
Glaucoma	Lasik	Lenses	Nearsightedness
Opticians	Optometrists	Orthoptists	Pupil
Vision	Visual		

**Complete the puzzle and turn it in to Human Resources
by August 18, 2017 by 12:00 p.m. to be entered into a
raffle for a \$10 gift card!**

Let's Get Moving! Move Of the Month:

August Amazing Arm Challenge
For the month of August, try this 30 Day
amazing arm challenge!

30 DAY ARMS CHALLENGE				
1 6 tricep dips 4 push ups 8 mountain climbers	2 6 tricep dips 4 push ups 8 mountain climbers	3 6 tricep dips 5 push ups 10 mountain climbers	4 6 tricep dips 5 push ups 10 mountain climbers	5 REST DAY
6 8 tricep dips 6 push ups 10 mountain climbers	7 8 tricep dips 6 push ups 12 mountain climbers	8 8 tricep dips 8 push ups 12 mountain climbers	9 8 tricep dips 8 push ups 15 mountain climbers	10 10 tricep dips 8 push ups 15 mountain climbers
11 10 tricep dips 8 push ups 15 mountain climbers	12 REST DAY	13 8 tricep dips 8 push ups 12 mountain climbers	14 8 tricep dips 8 push ups 12 mountain climbers	15 8 tricep dips 9 push ups 12 mountain climbers
16 8 tricep dips 9 push ups 15 mountain climbers	17 10 tricep dips 9 push ups 15 mountain climbers	18 10 tricep dips 9 push ups 15 mountain climbers	19 REST DAY	20 10 tricep dips 9 push ups 18 mountain climbers
21 10 tricep dips 10 push ups 18 mountain climbers	22 10 tricep dips 10 push ups 18 mountain climbers	23 10 tricep dips 10 push ups 20 mountain climbers	24 10 tricep dips 10 push ups 20 mountain climbers	25 10 tricep dips 11 push ups 20 mountain climbers
26 REST DAY	27 12 tricep dips 11 push ups 22 mountain climbers	28 12 tricep dips 11 push ups 22 mountain climbers	29 12 tricep dips 11 push ups 22 mountain climbers	30 12 tricep dips 12 push ups 25 mountain climbers

Cataracts

What is a cataract? A cataract is a clouding of the eye's lens, which blocks or changes the passage of light into the eye. The lens of the eye is located behind the pupil and the colored iris, and is normally transparent. The lens helps to focus images onto the retina – which transmits the images to the brain. Your vision may become blurry or dim because the cataract stops light from properly passing through to your retina.

How common are cataracts? Cataracts are a leading cause of blindness among older adults in the United States. More than half of all Americans have cataracts by the time they are 30 years old. Cataracts can also sometimes be found in young people or even newborn babies.

Am I at Risk for Developing Cataracts? The exact cause of a cataract is unknown. Most often, a cataract is part of getting older. As you age, you are at greater risk of developing a cataract. There are several possible risk factors for cataracts, such as:

- 👁️ Intense heat or long-term exposure to UV rays from the sun
- 👁️ Certain diseases, such as diabetes
- 👁️ Inflammation in the eye
- 👁️ Hereditary influences
- 👁️ Events before birth, such as German measles in the mother
- 👁️ Long-term steroid use
- 👁️ Eye injuries
- 👁️ Eye diseases
- 👁️ Smoking



What are the Symptoms of a Cataract? Generally, a cataract does not cause pain, redness or tears. The following problems may indicate that you have a cataract:

- 👁️ You have blurred vision, double vision, ghost images, or the sense of a “film” over your eyes.
- 👁️ Lights seem too dim for reading or close-up work, or you are “dazzled” by strong light.
- 👁️ You change eyeglass prescriptions often and the change does not seem to help your vision.
- 👁️ You may also be able to see the cataract in your eye. It may look like a milky or yellowish spot in your pupil.

Color Blindness

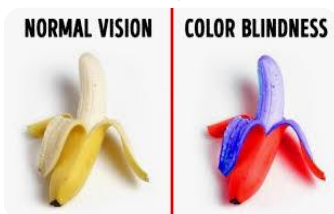
The correct name for color blindness is color vision deficiency. Color vision deficiency is a term used to describe a number of different problems people have with color vision. These problems may range from a slight difficulty in telling different shades of a color apart to not being able to identify any color.

It is estimated that 8% of males and less than 1% of females have color vision problems. Most color vision problems are hereditary and already present at birth. Another cause for color vision deficiency is aging. The eye's clear lens can darken and yellow over time, which can cause older adults to have problems seeing dark colors.

Any child who is having difficulty in school should be checked for vision problems including color vision deficiency. People with a family history of color vision problems and those who are having problems seeing colors should be tested.

Unfortunately, there is no cure for hereditary color vision deficiency. If you have color vision deficiency, it is possible for you to learn to recognize color by other means. Some people learn to tell colors apart by brightness or location. Also, there are specially tinted eyeglasses that may help you to tell certain colors apart.

Source: Prevent Blindness



First Aid for Eye Emergencies

Knowing what to do for an eye emergency can save valuable time and possibly prevent vision loss. Here are some instructions for basic eye injury first aid.

Be Prepared

- 👁️ Wear eye protection for all hazardous activities and sports at school, home and on the job that could lead to an eye injury.
- 👁️ DO stock a first aid kit with a rigid eye shield and commercial eyewash before engaging in activities where an eye injury could occur.
- 👁️ DO NOT assume that any eye injury is harmless. When in doubt, see an eye doctor promptly.

Specks in the Eye

- 👁️ DO NOT rub the eye.
- 👁️ Try to let tears wash the speck out or use commercial eyewash.
- 👁️ DO NOT use tweezers or other items to try and remove the speck.
- 👁️ If the speck doesn't wash out, see an eye doctor immediately.



Blows to the Eye

- 👁️ Apply cold compress without pressure.
- 👁️ Seek emergency medical care in cases of pain, blurry vision, one eye sticks out more than the other, blood inside the eye, or discoloration, which could mean internal eye damage.

Source: Prevent Blindness



Healthy Recipe

Maple Walnut Granola

This easy granola packs healthy oats, crunchy walnuts and a touch of sweet maple syrup. Oats contain cancer-preventing fiber and contain essential minerals and vitamins. Walnuts contain high amounts of polyphenols, polyphenols, phytochemicals that have antioxidant properties. Make them anytime for an easy go-to breakfast or snack.

Makes 10 Servings

Per serving: 260 calories, 15 g total fat, 27 g carbohydrate, 6 g protein, 3 g dietary fiber, 30 mg sodium

Ingredients:

- 👁️ Nonstick cooking spray
- 👁️ 3 cups old fashioned oats
- 👁️ ¼ cup whole-wheat flour
- 👁️ ¼ cup chopped English walnuts
- 👁️ ½ tsp. cinnamon
- 👁️ Pinch of salt
- 👁️ 1/3 cup canola oil
- 👁️ 1 tsp. vanilla extract

Directions:

1. Preheat oven to 300 degrees F. Lightly coat baking sheet with cooking spray.
2. In a large bowl, combine oats, flour, walnuts, cinnamon and salt. In a separate bowl whisk together maple syrup, oil and vanilla. Add to oat mixture, stirring well to coat.
3. On large baking sheet, evenly spread mixture. Bake 30 minutes. Remove from oven and stir granola, breaking up any lumps. Return to oven and bake an additional 20 minutes.
4. Remove from oven and allow granola to cool completely. Store in airtight container.

Events

The CITY OF MISSION and the MISSION HISTORICAL MUSEUM present

FREE **on the LAWN**
FAMILY MOVIE NIGHT

July 13th	July 20th	July 27th	Aug 3rd

CONCESSION STAND WILL BE AVAILABLE TO PURCHASE YOUR FAVORITE MOVIE SNACK!

Get Comfy... Bring your lawn chair or blanket to lay on the lawn!

FRIENDS, FAMILY, AND FILMS. ALL FOR FREE!

ARRIVE @ 8:00PM

MISSION HISTORICAL MUSEUM - 900 DOHERTY AVENUE
956.580.8646 - www.MISSIONMUSEUM.org

Don't forget to join the Mission Historical Museum on Thursday, August 3, 2017 for their Family Movie Night!

**Featuring:
Finding Dory**

Save the Date!

Health & Wellness Seminar - To Be Announced