

# HealthyBy Choice

...One Day at a Time

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## January is National Glaucoma Awareness Month

Glaucoma is called "the sneak thief of sight" since there are no symptoms and once vision is lost, it's permanent. As much as 40% of vision can be lost without a person noticing.

Glaucoma is the leading cause of *preventable* blindness. Moreover, among African American and Latino populations, glaucoma is more prevalent. Glaucoma is 6 to 8 times more common in African Americans than Caucasians.

### What is Glaucoma?

Glaucoma is a group of eye diseases that gradually steal sight without warning. Although the most common forms primarily affect the middle-aged and the elderly, glaucoma can affect people of all ages. Vision loss is caused by damage to the optic nerve. This nerve acts like an electric cable with over a million wires. It is responsible for carrying images from the eye to the brain.

There is no cure for glaucoma—yet. However, medication or surgery can slow or prevent further vision loss. The appropriate treatment depends upon the type of glaucoma among other factors. Early detection is vital to stopping the progress of the disease.

### Facts and Statistics

Glaucoma is the second leading cause of blindness in the world, according to the World Health Organization. In the most common form, there are virtually no symptoms. Vision loss begins with peripheral or side vision, so if you have glaucoma, you may not notice anything until significant vision is lost.

The best way to protect your sight from glaucoma is to get a comprehensive eye examination. Then, if you have glaucoma, treatment can begin immediately.

See [www.glaucoma.org](http://www.glaucoma.org) for more information.

## Cervical Health Awareness Month

HPV (human papillomavirus) is a sexually transmitted disease and a major cause of cervical cancer.

The good news?

- HPV can be prevented by the HPV vaccine.
- Cervical cancer can often be prevented with regular screening tests (called Pap tests) and follow-up care.

In honor of National Cervical Health Awareness Month, we encourage women to start getting regular Pap tests at age 21.

Talk to your doctor about getting the HPV vaccine before age 27. Parents should talk to their pediatricians about their pre-teens getting the HPV vaccine at age 11 or 12.

Men should talk to their doctor about getting the HPV vaccine if you are under age 22.

*Taking small steps can help keep you safe and healthy.*



2014 ~ Happy New YOU Year!



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## January is National Mental Wellness Month

To support your mental wellness, here are some strategies to reduce stress:

1. **Develop a positive attitude** — people with positive attitudes are apt to be happier, more successful, and better able to handle crisis and stress. And in concert with the positive attitude, get an attitude of gratitude for what you have instead of dwelling on what you don't.
2. **Avoid negative self talk** — laugh at your mistakes and say I'll remember next time.
3. **View a crisis situation as an opportunity** — creative problem solving can expand your options. Try to make a list of good things that could result from the problem you're having to solve.
4. **Laugh** — Humor is a great stress reducer. Studies indicate laughter can make you healthier.
5. **Exercise** — Regular exercise increases energy and releases brain biochemicals to ward off depression and anxiety. Just a 15 minute walk a day will help keep body and soul together.
6. **Improve your diet** — During times of stress you can skip meals or eat junk food. A diet rich in fruit, vegetables and fiber will help you maintain the physical and mental stress you need to deal with the situation.
7. **Get enough rest** — sleep disturbances are common during stress.

### DON'T:

- Use alcohol as a sleep aid — as it actually disrupts your sleep within 4 hours.
- Don't over use caffeine, alcohol, cigarettes or food for emotional support.
- Ask for help if you feel overwhelmed.



*Make 2014 Your Healthy ME Year!*



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	530057	Calcium Citrate + D	Citrical	120	TB	\$6.99
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	530192	Ferrous Sulfate 65 MG	Feosol	100	TB	\$4.99
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