



## October is Eye Injury Prevention Month

October is eye injury prevention Month and the American Academy of Ophthalmology reminds the public that nearly half of all eye injuries occur in the home.

Nearly 2.5 million people suffer eye injuries each year in the United States, and nearly one million people have lost some degree of vision as a result. Most could have been prevented with protective eyewear. These are some of the most common places that eye injuries happen and prevention tips for both indoor and outdoor activities:

- In the house – When using household chemicals, read the instructions and labels carefully, work in a well-ventilated area and make sure to point spray nozzles away from you. Many chemicals are extremely hazardous and can permanently destroy the surface of your eyes, resulting in blindness. For this reason, it is very important to use appropriate eye protection to prevent blinding consequences from chemical splashes.
- In the workshop – Think about the work you will be doing and wear protective eyewear to shield your eyes from flying fragments, fumes, dust particles, sparks and splashing chemicals. Many objects can fly into your eyes unexpectedly and cause injury.
- In the garden – Put on protective eyewear before you use a lawnmower, power trimmer or edger and be sure to check for rocks and stones because they can become dangerous projectiles as they shoot from these machines.
- In the garage – Battery acid sparks and debris from damaged or improperly jump-started auto batteries can severely damage your eyes. Learn the proper way to jump-start an automobile, and keep protective goggles in the trunk of your car to use for those emergencies and everyday repairs.



It's also important to know the signs of eye injury. If you notice any signs on yourself or a co-worker, get medical help right away.

- Obvious eye pain or trouble seeing
- A cut or torn eyelid
- One eye not moving as well as the other
- One eye sticking out more than the other
- Unusual pupil size or shape
- Blood in the clear part of the eye
- Something in the eye or under the eyelid that can't be easily removed



*Eyes...use them don't lose them!*



# HealthyBy Choice

...One Day at a Time



## Breast Cancer Awareness

### Tips for Prevention:

1. **Avoid becoming overweight.** Obesity raises the risk of breast cancer after menopause, the time of life when breast cancer most often occurs. Avoid gaining weight over time, and try to maintain a body-mass index under 25.
2. **Eat healthy to avoid tipping the scale.** Embrace a diet high in vegetables and fruit and low in sugared drinks, refined carbohydrates and fatty foods. Eat lean protein such as fish or chicken breast and eat red meat in moderation, if at all. Eat whole grains. Choose vegetable oils over animal fats.
3. **Keep physically active.** Research suggests that increased physical activity, even when begun later in life, reduces overall breast-cancer risk by about 10 percent to 30 percent. All it takes is moderate exercise like a 30-minute walk five days a week to get this protective effect.
4. **Drink little or no alcohol.** Alcohol use is associated with an increased risk of breast cancer. Women should limit intake to no more than one drink per day, regardless of the type of alcohol.
5. **Don't smoke.** Research suggests that long-term smoking is associated with increased risk of breast cancer in some women.
6. **If you bear children, breast-feed your babies for as long as possible. Women who breast-feed their babies for at least a year in total have a reduced risk of developing breast cancer later.**
7. **Avoid hormone replacement therapy.** Menopausal hormone therapy increases risk for breast cancer. If you must take hormones to manage menopausal symptoms, avoid those that contain progesterone and limit their use to less than three years. "Bioidentical hormones" and hormonal creams and gels are no safer than prescription hormones and should also be avoided.
8. **Get regular breast cancer screenings.** Follow your doctor or health care provider's recommendations to decide what type of screening you need and how often you need it.



***If you are at high risk for breast cancer, such as having a particular gene like a BRCA gene, or have a strong family history or have had high-risk benign breast disease in the past, talk with your doctor about other options for you which might include:***

- A. **Extra screenings.** For some women, MRI or ultrasound screenings can add valuable information to regular mammogram screening.
- B. **Estrogen-blocking drugs.** Women with a family history of breast cancer or who are over age 60 should talk to their doctor about the pros and cons of estrogen-blocking drugs such as tamoxifen, raloxifene, and aromatase inhibitors.
- C. **Prophylactic surgery to remove breasts and/or ovaries.** Women who have had both breasts surgically removed reduce their risk of breast cancer by over 90 percent. Women who have had both ovaries removed have about half the risk of developing breast cancer as women with intact ovaries. Clearly these options are most appropriate for women at very high risk.



***The best protection is early detection!***



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