

- 1 Important Glaucoma Information
- 2 Emotional Wellness Checklist
- 3 Have a sweet new year with healthy Apple Coffee Cake!

A HEALTHIER YOU!

Keeping you informed & up to date on your health care at Samuel U. Rodgers Health Center

5 THINGS TO KNOW ABOUT GLAUCOMA

NIH

Make Eye health a New Year's resolution. Get a dilated eye exam

Make a resolution to learn more.

Every New Year, you make a list of things you will do to stay healthy so you can feel your best. But, did you realize that feeling your best includes seeing your best too? January is Glaucoma Awareness Month - the perfect time to spread the word about the disease. So, this year, add learning about glaucoma to your list! Your eyes will thank you for it.

1. Glaucoma can cause vision loss and blindness, which can't be reversed.

Glaucoma causes fluid to build up in your eye, causing pressure that can damage the optic nerve, which transfers visual images to your brain. But, you can save your vision with early detection and treatment.

2. There are no early symptoms.

Glaucoma often has no early warning signs. No pain. No discomfort. No blurry vision. Only advanced glaucoma will affect your vision. Don't wait for symptoms to visit your eye doctor!

3. In the United States, half the people who have glaucoma don't know they do.

Nearly 3 million Americans have glaucoma. Half don't know it. Lack of awareness and the absence of symptoms are preventing people from detecting the disease early. You can change that! Find out if you have glaucoma.

4. Some people are at higher risk than others.

African Americans over 40, adults over 60 -especially Hispanics/Latinos, and people with a family history of glaucoma are at higher risk, making early detection especially important. Are you at higher risk? Talk to your family about glaucoma.

5. There is only one way to know if you have glaucoma.

Getting a comprehensive dilated eye exam is the only way to find out if you have glaucoma. During the exam, an eye care professional places drops in your eyes to widen the pupils and looks for signs of the disease in the optic nerve.



To learn more, visit www.nei.nih.gov/glaucoma

Treat yourself to a healthy dessert!

Apple Coffee Cake

source
<https://healthyeating.nhlbi.nih.gov/recipe/detail.aspx?cid=0&rid=201>



Scan the QR Code to check out other articles online!

Ingredients

- 5 C tart apples, cored, peeled, and chopped
- 1 C sugar
- 1 C dark raisins
- ½ C pecans, chopped
- ¼ C vegetable oil
- 2 tsp vanilla
- 1 egg, beaten
- 2½ C sifted all-purpose flour
- 1½ tsp baking soda
- 2 tsp ground cinnamon

Directions

- 1) Preheat oven to 350 °F. Lightly oil a 13x9x2-inch pan.
- 2) In a large mixing bowl, combine apples with sugar, raisins, and pecans; mix well. Let stand for 30 minutes.
- 3) Stir in oil, vanilla, and egg. Sift together flour, baking soda, and cinnamon; stir into apple mixture about 1/3 at a time, stirring just enough to moisten dry ingredients.
- 4) Turn batter into pan. Bake 35 to 40 minutes, until a toothpick inserted in the center of the cake comes out clean.
- 5) Cool cake slightly before serving.

Emotional Wellness Checklist

Emotional wellness is the ability to successfully handle life's stresses and adapt to change and difficult times. Here are tips for improving your emotional health:

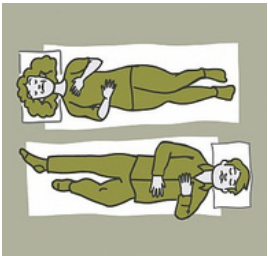


BUILD RESILIENCE

People who are emotionally well, experts say, have fewer negative emotions and are able to bounce back from difficulties faster. This quality is called resilience. Learning healthy ways to cope and how to draw from resources in your community can help you build resilience.

To build resilience:

- o Develop healthy physical habits.
- o Take time for yourself each day.
- o Look at problems from different angles. Learn from your mistakes.
- o Practice gratitude.
- o Explore your spiritual beliefs
- o Tap into social connections and community.



REDUCE STRESS

Everyone feels stress from time to time. Stress can give you a rush of energy when it's needed most. But if stress lasts a long time, those "high alert" changes become harmful rather than helpful. Learning healthy ways to cope with stress can also boost your resilience.

To help manage your stress:

- o Get enough sleep.
- o Exercise regularly.
- o Build a social support network.
- o Set priorities.
- o Show compassion for yourself.
- o Try relaxation methods.



GET QUALITY SLEEP

To fit everything we want to do in our day, we often sacrifice sleep. But is vital to your well-being. When you're tired, you can't function at your best. Sleep helps you think more clearly, have quicker reflexes and focus better. Take steps to make sure you regularly get a good night's sleep.

To get better quality sleep:

- o Go to bed and get up each day at the same time.
- o Sleep in a dark, quiet place.
- o Exercise daily.
- o Limit the use of electronics.
- o Relax before bedtime.
- o Avoid alcohol caffeine or nicotine at bedtime.
- o Consult your doctor if you have ongoing sleep problems.



BE MINDFUL

Mindfulness is simple. This practice is about being completely aware of what's happening in the present—of all that's going on inside and all that's happening around you. It means not living your life on "autopilot." Becoming a more mindful person requires commitment and practice.

To be more mindful:

- o Take some deep breaths in through your nose to a count of 4, hold for 1 second and exhale through the mouth to a count of 5. Repeat often.
- o Enjoy a stroll, notice the sights around you.
- o Be aware of each bite and when you're full when eating.
- o Be aware of your body. Do a mental scan, bring your attention to how each part feels.
- o Find mindfulness resources, including online programs.



COPE WITH LOSS

When someone you love dies, your world changes. There is no right or wrong way to mourn. Although the death of a loved one can feel overwhelming, most people can make it through the grieving process with the support of family and friends. Learn healthy ways to help you through difficult times.

To get better quality sleep:

- o Go to bed and get up each day at the same time.
- o Sleep in a dark, quiet place.
- o Exercise daily.
- o Limit the use of electronics.
- o Relax before bedtime.
- o Avoid alcohol caffeine or nicotine at bedtime.
- o Consult your doctor if you have ongoing sleep problems.



STRENGTHEN SOCIAL CONNECTIONS

Social connections might help protect health and lengthen life. Scientists are finding that our links to others can have powerful effects on our health—both emotionally and physically. Whether with romantic partners, family, friends, neighbors, or others, social connections can influence our biology and well-being.

To build healthy support systems:

- o Build strong relationships with your kids.
- o Get active and share good habits with family and friends.
- o If you're a family caregiver, ask for help from others.
- o Join a group focused on a favorite hobby.
- o Take a class to learn something new.
- o Volunteer for causes you care about in your community.
- o Travel to different places and meet new people.