



LIFELINE PROTECTOR

A Newsletter for Friends & Clients of Wellness Alliances



GREETINGS...

Thank you for reading our monthly newsletter! For additional information on your health and wellness visit our social media pages. Follow us on Facebook, Instagram, Twitter, and LinkedIn at Wellness Alliances. We will keep you updated on current events, your caregiving needs, health news, and tips to enhance your physical, mental, and social well-being.



QUOTE OF THE MONTH



The sun was warm but the wind was chill / You know how it is with an April day / When the sun is out and the wind is still / You're one month on in the middle of May.

Robert Frost



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WOMEN'S EYE HEALTH & SAFETY MONTH

April is Women's Eye Health and Safety Month. According to the [National Eye Institute](#), 2 out of every 3 people living with blindness or vision problems are women. Women are affected by more eye health issues than men for a variety of factors. One factor being, women tend to live longer than men, making eye conditions associated with aging more likely. Please follow the steps below to protect your vision and eyes.

Major Eye Problems More Likely Found in Women

- Age-related Macular Degeneration
- Autoimmune Diseases (such as Lupus or Sjögren's Syndrome)
- Cataract
- Dry Eye
- Glaucoma
- Low Vision
- Thyroid Eye Disease
- Refractive Error

Steps to Take to Protect Your Vision

- Get a dilated eye exam: A dilated exam is the best way to detect vision problems early, leading to easier treatment.

- The exam is crucial to preventing and treating eye conditions. The National Eye Institute recommends people 60 and older receive a dilated eye exam once a year.
- Wear sunglasses: Sunglasses can block both UVA and UVB radiation. Wear sunglasses even on cloudy days! Choose sunglasses that block 99 to 100 percent of both UVA and UVB radiation.
- Eat eye healthy foods: Eye healthy foods include foods that are high in antioxidants, such as spinach, kale, and collard greens. Antioxidants, lutein and zeaxanthin, help prevent macular degeneration and cataracts. Additionally, fish high in omega-3 fatty acids, such as halibut, salmon, and tuna are eye-healthy foods.
- Stay active: Physical activity has been proven to lower the risk of health conditions, such as diabetes and high blood pressure, that can cause eye problems.
- Quit smoking: Stopping smoking benefits every part of the body, including the eyes. Stop smoking to lower your risk for eye diseases like macular degeneration and cataracts.

Sources:

Centers for Disease Control and Prevention
<https://www.cdc.gov/visionhealth/resources/features/eye-health-my-health.html>

Prevent Blindness
<https://preventblindness.org/2021-womens-eye-health-month/>

National Eye Institute
https://www.nei.nih.gov/sites/default/files/2020-10/Women-and-Eye-Health_508.pdf

Washington Eye Physicians & Surgeons
<https://www.washingtoneye.com/eye-health/womens-eye-health-safety-month/>

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