

JANUARY IS NATIONAL GLAUCOMA AWARENESS MONTH Spread the Word About this Sight-Stealing Disease

Currently, more than 3 million people in the United States have glaucoma. The National Eye Institute projects this number will reach 4.2 million by 2030, a 58 percent increase. 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.

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.



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.

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.

For more information, please visit www.glaucoma.org.

NATIONAL CHILDREN’S DENTAL HEALTH MONTH HHS FACET KICKOFF

The Westchester County (NY) Chapter of the Links, Incorporated, will kick off National Children’s Dental Health Month by hosting the Colgate® Bright Smiles, Bright Futures™ Dental Van at the Lois Bronz Children’s Center in White Plains, NY on February 7, 2017. At these dental van visits, the HHS Facet reminds parents that their children can avoid cavities. A balanced diet, limiting snacks, brushing and flossing each day and regular dental check-ups are the keys to a lifetime of healthy teeth and gums.



In the US, ethnic minorities and poor children are most significantly affected by poor dental health; 30% of school aged children are affected by dental caries; and almost 50% of Medicaid children are impacted. Untreated tooth decay can impair classroom learning, increase systemic infection, and have adverse effects on child social welfare.

Dental Van Schedule - Volunteer Opportunities



Site Name	Lois Bronz Children’s Center
Address	30 Manhattan Avenue White Plains, NY 10607
Visit Dates	Tuesday, 02/07/2017 Tuesday, 03/07/2017 Tuesday, 04/04/2017
Time	9:30 AM to 12:30 PM

For more information on any programs, Please contact any member of the HHS Facet:

Kellee Davis
Claudia L. Edwards, Co-chair
Dawna Michelle Fields, Co-chair
Mary L. Graves

Jennifer Lewis
Carol Morales Riggs
Janis Carter Shaw
Joan Lewis Shepherd

Louise Quick Spann
Mary Spells
Quay Watkins

FEBRUARY AMERICAN HEART MONTH HEARTLINKS TO HEART HEALTH

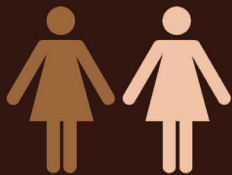
HEART DISEASE

OBJECTIVE 1

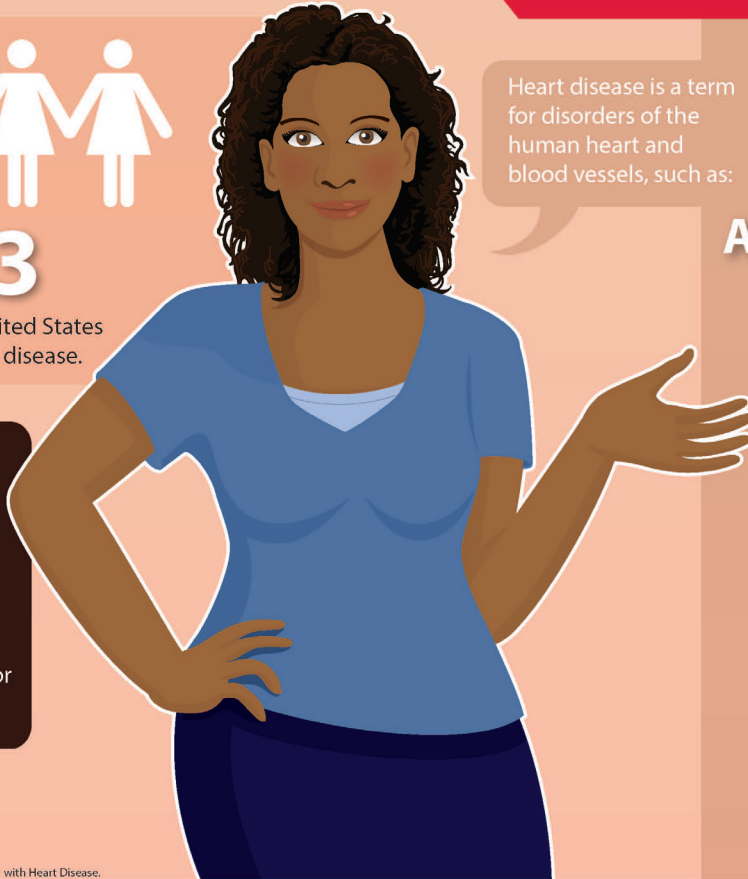


1 IN 3

women in the United States
lives with heart disease.



Black women and
Latinas are at high risk for
heart disease.



Heart disease is a term
for disorders of the
human heart and
blood vessels, such as:



ARRHYTHMIA

(abnormal heartbeat)



**CLOGGED
ARTERIES**



**HEART
FAILURE**

© 2015 WomenHeart: The National Coalition for Women with Heart Disease.

Too many families are losing loved ones of all ages. The American Heart Association wants everyone to understand the threat – and to know that cardiovascular diseases and stroke are largely preventable. Risks can be lowered by adhering to what we call Life's Simple 7: not smoking, being physically active, maintaining a healthy body weight, eating a healthy diet, controlling blood pressure, controlling cholesterol and controlling blood sugar.

HHS Facet support s HeartLinks by asking chapter members to participate in heart healthy awareness activities:

- ♥ Wednesday, February 1, 2017
Schedule a Well-Woman Visit with your health care provider. Your doctor will review your overall health, including the key elements of your ideal cardiovascular health.
- ♥ Sunday, February 12, 2016
Attend Greater Bronx Chapter Go Red Worship Service
Bronx Location to be come.
- ♥ Saturday, February 25, 2017
Wear Red to Westchester Links Chapter Meeting
Participate in the Westchester Links Red Photo Op

BREAST CANCER AWARENESS THANK YOU



HHS Facet thanks the Membership Committee for creating a Friendship Activity around October's Breast Cancer Awareness; those chapter sisters who walked in the "Making Strides against Breast Cancer"; and those who "donned" pink gloves in support of Breast Cancer Awareness. Breast cancer disparities for African-American women are startling. According to the most recent data available, breast cancer mortality is about 40 percent higher for African-American women in the U.S. than Caucasian women. And, African-American women are often diagnosed with late-stage breast cancer when treatment options are limited, costly and the prognosis is poor.