



January is
GLAUCOMA AWARENESS MONTH

According to The Mayo Clinic, glaucoma is a group of conditions resulting in optic nerve damage, which diminishes eyesight. This is usually caused by high intraocular pressure.

Primary open-angle glaucoma is the most prevalent type of glaucoma in the U.S. population and the second leading cause of blindness. It is sometimes referred to as "the silent thief" due to the gradual, subtle loss of vision. Early diagnosis and treatment can minimize or prevent optic nerve damage and limit glaucoma-related vision loss. It's important to get your eyes examined regularly, and make sure your eye doctor measures your intraocular pressure. Regular eye exams are the key to detecting glaucoma early enough for successful preventive treatment.

According to the Mayo Clinic, changing your diet to include more fruits and vegetables and other healthy foods may help you prevent vision loss. Incorporating more colorful fruits and vegetables in your diet provides antioxidant vitamins which contribute to eye health. Choose healthy unsaturated fats: such as olive oil may help protect your vision.

Fish contains Omega-3 fatty acids that may help reduce the risk of vision loss especially related to macular degeneration. Salmon, sardines and tuna are types of fish that contain high levels of Omega-3 fatty acids. Omega-3 fatty acids can also be found in supplements and nuts, such as walnuts.



Glaucoma Prevention

Get regular eye care.

As a general rule, have comprehensive eye exams every three to five years after age 40 and every year after age 60.

Treat elevated eye pressure.

Glaucoma eye drops can significantly reduce the risk that elevated pressure will progress to glaucoma.

Eat a healthy diet.

While eating a healthy diet won't prevent glaucoma, it can improve your physical and mental health.

Wear eye protection.

Serious eye injuries can lead to glaucoma.

Schedule your annual eye exam today, which includes glaucoma screening.



Food Bank of Westchester

Chapter members are invited to repack donated food at the Food Bank of Westchester. Volunteers are needed from 9:00 a.m. until 12:00 p.m. on Saturday February 1, March 1, and April 5. Sign-up sheets and directions will be available at the January Chapter Meeting.



Buddy Program

Each Link Sister is asked to support a chapter member to reach her health and wellness goals by setting up a monthly telephone call, email, or meeting. During the call the person sharing their goals should review: (1) Your accomplishments for the last month; (2)

The things you wanted to do but did not; (3) What is stopping you and what help you need; and (4) Allow for some feedback and guidance from Buddy. After the call the person who discussed their goals should write down their health & wellness commitments for the coming month and email them to their buddy to hold them accountable. If you do not have a Buddy, please be a HALO and "Help A Link Sister Out".



Colgate® Bright Smiles, Bright Futures® Van Visits

The Colgate® Bright Smiles, Bright Futures® dental van will visit several schools in Westchester County. A schedule is currently being finalized. Volunteers will be needed to assist at the various locations. Additional information will be available soon.



HeartLinks to Heart Health National Wear Red Day February 7 Westchester County (NY) Chapter Activities

February 9, 2014

Please join us for 11:00am Worship Service at Grace Baptist Church, Mount Vernon, NY.
All Links are encouraged to **wear red**.

February 22, 2014

Westchester County (NY) Chapter Links, are encouraged to **wear red** to the February chapter for a photo opportunity.