

WHAT YOU NEED TO KNOW ABOUT The Importance of Annual Eye Exams

Eye Exams Are Vital to the Health of Your Eyes

August is finally here! This month usually signals that summer is coming to an end. That doesn't mean the temperature looks to go down anytime soon. The sun continues to beat down on us and UV rays are still high, which means they pose a threat to the health of everyone. While most people understand the danger UV rays have on your skin, they also pose a significant threat to the health of your eyes. Protecting your eyes is crucial all year long, especially in the summer. Nothing is better for protecting your eyes and recognizing issues before it's too late, like an eye exam.

What better time than August to schedule your next eye exam?! After all, National Eye Exam Month falls in August every year. We dedicate this month to sharing the importance of eye health and safety, as well as stressing the importance of yearly eye exams. Eye exams are the best way to catch eye diseases before they cause any problems. Sears Optical founded National Eye Exam Month back in 1989 as a way to educate the public about eye health and safety.

Many people believe that since they can see well that they don't need to visit their eye doctor. However, eye diseases often take time before they make themselves known. By the time you identify them, it may be too late. Eye exams help you catch them early, preventing any vision loss.

How Many People Get Eye Exams?

In a 2018 survey, eight out of ten people agreed that vision is the most important sense. 97% of respondents also agreed that having healthy eyes is vital. However, only about half of people get annual eye exams. Even though people understand that vision is essential, and eye health should be a priority, many people fail to get an eye exam.

Why is this an issue? In the United States, over 150 million people require corrective eyewear, whether eyeglasses or contacts, to compensate for refractive errors. Over one million Americans 40 years and older are legally blind. Furthermore, over 70% of the workforce needs vision correction. Unfortunately, 37% of people do not realize that they will not experience symptoms before they lose their vision due to an eye disease.

Did you know- The first ophthalmologists began to practice in 800 BC? An Indian surgeon named Sushruta describes 76 ocular diseases, as well as several ophthalmological techniques and instruments!

Detecting Eye Diseases

There are countless eye diseases that can threaten your vision. While not every disease will result in permanent vision loss, they all affect your vision in some way. Unbeknownst

to many, these conditions do not reduce your vision right away. They develop without showing signs or symptoms. By the time you recognize there is an issue, it is already too late. Without the help of a dilated eye exam, you will not be able to catch them. Some of the most common conditions discovered during eye exams include:

- Glaucoma
- Cataracts
- Retinal detachments
- Age-related macular degeneration
- Diabetic retinopathy

Comprehensive eye exams can also diagnose refractive errors like nearsightedness, farsightedness, and astigmatism. However, eye exams can do much more than uncover eye conditions.

Uncovering Other Health Problems

Your eyes are complex organs. While you may go to your eye doctor to check your vision and eye health, your eyes can also be a good indicator of the development of other health concerns throughout your body. During an eye exam, your eye doctor will examine the blood vessels in your eyes, the retina, and other vital parts of your eye. During these exams, your doctor can discover hidden health concerns, such as:

- Diabetes
- High blood pressure
- High cholesterol
- Thyroid diseases
- Hypertension
- Autoimmune diseases, such as lupus

In the previously mentioned survey, 61% of people worry about diabetes impacting the health of their families. However, only 4% are aware that eye doctors can detect diabetes early during an annual eye exam. Even if you don't think there is something wrong with your vision, or your overall health, you should still regularly visit your eye doctor.



YOUR SASH TEAM

Amy Koski

SASH Coordinator

Office Hours:

Tuesday-Friday 8:00-3:00

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Nicky Orwiler, RN

SASH Wellness Nurse

802-365-7190, opt. 9

(Nicky is still in training, but she should be able to start making visits soon!)

Days	Event	Time
Tuesdays	Tai Chi for Arthritis and Fall Prevention and 10 minute Seated Strength- Join us in learning the Tai Chi Institute for Health's Tai Chi for Arthritis and Fall Prevention, taught by Amy. Improve balance, strength and confidence with this easy to learn gentle flow (we take it one small step at a time!) Seated Strength starts at 11am- build up strength (primarily in your upper body) with our beginner friendly class. Strength training can improve bone density, lead to better joint health and enhance muscle strength.	10 am and 11am
Fridays	10 minute Seated Strength and 15 minute Seated Yoga- <i>There is a schedule change!</i> Starting this month we will be doing Seated Yoga only on Fridays after our Seated Strength class. Gradually increase your flexibility and strength with weight lifting followed by a relaxing yoga flow.	11am and 11:15am
Monday 8/31	DASH Diet Test Kitchen- This month we will be testing recipes for Pasta with Pumpkin Puree and No-Bake Vegan Date Brownies. Are there any recipes you want heart and blood sugar friendly versions of? Let Amy know- we'll try to make it happen!	3pm
Thursdays	Activities with Dawn- Meet Dawn in the 2 nd floor community room, activities to be determined (but typically BINGO unless otherwise noted on the calendar or newsletter)!	3:15pm
Monday 8/3	Clown Hats- The 1 st full week of August is International Clown Week so we are celebrating with the Assisted Living building, starting with making our own clown hats for the upcoming party. Amy will be leading the class at the Assisted Living Building	3pm
Wednesday 8/12 & 8/26	Moover Shopping Trip- Please call the Moover to register if you would like to join the group (802)460-7433. Ask to talk to a dispatcher and let them know you would like to sign up for the Townshend Shopper and they will make sure you have all the information you need!	10:30am
Thursday 8/27	Foodbank Drop Off- Truck usually arrives between 10a-11a. If you are interested in receiving a commodity box, talk to Amy in the SASH Office or call 1-800-214-4648 to apply. Fresh produce is available to all residents regardless of qualification for commodity boxes!!	Around 10:30/11am
Wednesday 8/5	International Clown Week Party- Amy and Carrie will be hosting a party celebrating clowns in the Assisted Living building. Grab your clown hats and head over for face painting, get a balloon animal, and have some snacks!	2:30pm
Thursday 8/27	Blueberry Haus Ice Cream Truck- Your favorite FREE ice cream truck is making another appearance so be sure to come outside and get your cone or bowl. Do you have guests visiting? Bring them too!	12-2pm



August

WORD SCRAMBLE DIRECTIONS:

Unscramble each set of letters to discover a vocabulary word relating to the month of August.

UNF _____

NUFELRSWO _____

MMSERU _____

ETAXINAORL _____

MAOCMHK _____

YLEBICC _____

RTUIF _____

CAMPING _____

AVCIONAT _____

EUERBBAC _____

LIPOCSPE _____

UDIMH _____

IAACCD _____

ARACKBDY _____

DSNSAAL _____

IYRELFF _____

TUASUG _____

TOELEMNWR _____

LKAE _____

AIBLOSTA _____

ANUOLDYRGP _____

SUSENINH _____

EVAETURND _____

HTO _____