



March 2019

Workplace Eye Wellness

The delights of vision can't be overstated and it's worth taking a look at problems that can harm your vision. Some simple steps can help keep vision healthy for life.

Professional eye care, through regular exams is important at every age.

Some of the major causes of vision loss and harm:

Disease:

- **Diabetes** - More than 40 percent of adults with diabetes have some form of retinopathy which can cause complete vision loss. Treatments are available and people with diabetes should get a comprehensive dilated eye exam at least once a year.
- **Glaucoma** - Caused by a group of diseases that damage the optic nerve.
- **Cataract** - Clouding of the eye lens. Treatment is quick and easy if discovered early. Get eye exams that dilate your eyes.



Trauma:

According to the American Academy of Ophthalmology, 2,000 workers per day suffer injuries to the eye.

- About 40 percent occur in the construction industry.
- 90 percent of on-the-job eye injuries can be avoided with the proper eye protection.

Always wear the right safety glasses for the job. For example:

- Face shields for working around chemicals.
- Respirators with a full face piece for situations where dust flies and air quality is questionable, such as in below-ground work.
- Safety glasses with foam or rubber around the lens when there are flying particles.



Dry Eye:

Adults are especially susceptible to dry eye which frequently occurs with age.

- Dry eye causes gritty pain, itching, blurry vision, redness and light sensitivity.
- Low testosterone could be a cause just as menopause frequently is.
- Medications, such as antihistamines and blood pressure pills, can cause dry eye.
- Certain medical conditions related to thyroid, vascular diseases and rheumatoid arthritis can cause dry eye.
- Special drops and certain surgeries can relieve severe symptoms.



Computer Eye Strain:

Red, dry, itchy eyes can often be traced to digital screens.

- For computer work, position your monitor 25 inches away.
- Eliminate glare on digital screens. Try floor lamps with full-spectrum fluorescent light.
- Adjust your monitor brightness to match the brightness of the room.

Corneal Abrasions:

A scratched cornea (or scratched eye) is one of the most common eye injuries.

- Often causes significant discomfort, red eyes and sensitivity to light.
- A pain reliever can help.
- See a doctor about how to prevent infection.



March Quote



A good friend is like a four-leaf clover, hard to find and lucky to have.



The arrival of spring also means the arrival of sneezing, sniffing, and brain fog for millions of people afflicted with seasonal allergies. Many people take prescription or over-the-counter medicines to treat them, but you can alleviate symptoms through a number of methods.

The Mayo Clinic offers a variety of tips to help people deal with allergies. They include minimizing your exposure by staying inside on dry, windy days, delegating lawn mowing duties, and making sure to NOT hang laundry outside.

Some other tips include:

- Avoid outdoor activity in the early morning when pollen counts are highest.
- Use the air conditioning in your house and car instead of opening windows and doors.
- Use a dehumidifier to keep the indoor air dry.
- Rinse your nasal passages with a saline solution, either via a squeeze bottle or a neti pot.
- Some natural treatments that may help include extracts of the shrub butterbur and spirulina, though the Mayo Clinic says the benefits and safety aren't clear.

If symptoms are bad enough, visit your doctor. You may take tests to determine what, exactly, you are allergic to in order to avoid and/or treat those specific triggers.

How to drink more water when you hate water

We all know we're supposed to keep hydrated and that, unfortunately, red wine or coffee don't count. But the problem for a lot of people is that they simply have trouble with plain old water.

So how can you drink more water when it bores you silly? Here are some tips to get a little more creative with it:

- Invest in a water filter. You might not be totally picky after all - your water may just taste a little funny due to minerals, chlorine or any number of factors. A filter could be all you need.
- Stick a straw in it. Get a reusable straw if you want to avoid plastic ones, and sip on water throughout the day.
- Drink some water first thing in the morning. Your body gets dehydrated overnight, and a glass of water is a great pick-me-up. It can taste surprisingly good in the morning when you are probably thirsty anyway.
- Add a splash of lemon, lime or orange juice or freeze some fruit and add it to your water. Cold water is more refreshing, and the fruit will add a nice flavor. You can even get infusion bottles.
- Try vegetables or herbs for a different flavor altogether; cucumbers or celery, basil or mint are all good choices.
- Play with different types of water, like coconut water or maple water. Be sure to avoid those with added sugar.
- Get a high-tech water bottle that tracks your water intake and can even customize how much you should drink. Or download an app onto your phone to track your consumption.



Recipe Tip

Pesto isn't just for pasta. Mix it with whole grains, use it to season salad dressings or jazz up vegetables, spread some on your sandwich, or try it on cooked chicken, fish, or shrimp.