



Workplace Wellness

*Supporting a Safe, Happy and
Healthy Environment.....*

June 2017

Summer will be upon us in just a few weeks...it's a wonderful time of the year.

Outdoor activities such as gardening, boating, golfing etc. require you to protect yourself from the sun by using sunscreen and wearing certified sunglasses that protect your eyes from UVA-UVB rays.

Eye Health is sometimes forgotten as part of your regular health routine. Protecting your eyes from injury by wearing the proper eye protection during sports, while at work, is very important to keeping your eyes healthy. Having diabetes is also a factor that can endanger your eyes. Regular visit to the optometrist for eye exams should be done to determine how healthy your eyes are.

Reading the information below from Eye Health Canada will give insight on how important your eyes really are.

Eye Health

We get most of our information about the world from our sense of sight. However, many people overlook eye health as part of their regular health routine. Learn how to protect yourself from the most common causes of blindness and how to keep your eyes healthy.

Avoiding eye injury

The world can be a harsh place for your eyes. There is many work or recreational activities that may increase your risk of eye injury and strain, including some that may seem surprising. By being aware of the possible risks, you can protect yourself from eye damage and strain.

Certain work situations, including handling hazardous chemicals, using power tools, and being exposed to flying particles, have a high risk of eye damage. In these situations, it is important to follow your workplace safety measures, wear proper eye protection (this will vary according to the work situation), and know the location of the nearest eyewash or first aid station.

In some jobs, the risks are unexpected. If you work with computers or VDTs (video display terminals) for more than an hour each day, you are at a high risk of eyestrain. This can lead to headaches, blurred vision, and difficulty working. Try to take a break from computer use for fifteen minutes during each two-hour period, or for ten minutes per hour during intensive work. Check your screen to make sure there is no glare (from a window or lamp) on the screen. Usually, the screen should be 10 to 20 degrees below your eye level. Your optometrist can recommend a set-up for your screen and work station that would be best for you. The Canadian Association of Optometrists also recommends that you get an eye exam every 1 to 2 years and tell your optometrist you work at a computer or VDT.

The sports and leisure activities you enjoy may put you at higher risk for eye injuries. Most sports have some risk for eye injury. Those with the highest risk are contact sports, racquet sports, and sports involving a ball or puck. Before starting a new sport, find out what kind of eye protection is recommended, and always wear it. You should be able to find this information from sports-governing bodies, coaches, or sports stores. If you enjoy outdoor sports or activities, make sure your eyes are protected from ultraviolet (UV) light with a pair of sunglasses or goggles certified to block UVA and UVB light.

Contact lenses can also be a source of eye injuries or infection. Using dirty or damaged lenses can lead to eye infection, scratches on the cornea (eye surface), or other eye problems. To reduce your risk, always clean and store your lenses as recommended by your optometrist or eye doctor. Do not share lenses or solutions, and throw away your solutions when they reach their expiry date, or one month after they are first opened, whichever is sooner. Don't use your lenses for longer than recommended (i.e., if you have daily disposable lenses, don't try to make them last for a week). If you think you might have eye damage or an infection, or if anything else worries you, stop using the lenses and check with your optometrist. It is a good idea to have a pair of glasses on hand in case you need to take the lenses out.

Diabetes

Over 3 million Canadians have diabetes. It is the leading cause of blindness in North Americans under 65 years of age. Diabetes is a condition where the body either cannot produce enough insulin (type 1 diabetes) or cannot respond properly to insulin (type 2 diabetes). Insulin is important because it moves *glucose*, a simple sugar, into the body's

cells from the blood. Glucose, which is used by the cells as a source of energy, comes from the food people eat. If insulin isn't available or doesn't work correctly to move glucose from the blood into cells, glucose will stay in the blood, leading to high blood sugar levels.

High blood sugar levels damage the blood vessels, including the tiny blood vessels in the eye. This leads to an eye disease known as *diabetic retinopathy*. The retina is an area at the back of the eye that changes light into nerve signals. With diabetic retinopathy, some blood vessels in the retina are lost, and some of the other blood vessels begin to "leak" blood. This causes the retina to swell, and gradually cuts off its supply of oxygen and nutrients. Eventually, the retina starts to grow new blood vessels to replace the damaged ones. Unfortunately, these new vessels are not as strong as the old ones and are more likely to break, causing bleeding in the eye.

At first, people with diabetic retinopathy will not notice any symptoms. As the disease gets worse, they may notice blurred vision, black spots or flashing lights. Eventually, it can progress to blindness. Everyone with diabetes is at risk for diabetic retinopathy, and the risk increases the longer you've had diabetes.

Fortunately, you can reduce your risk. If you do not have diabetes, but think you may be at risk for this condition, visit your doctor to be screened for diabetes. If you do have diabetes:

- Have frequent eye check-ups:
 - People with type 1 diabetes who are 15 years of age and older should have an eye check-up every year, starting 5 years after they are diagnosed with diabetes.
 - People with type 2 diabetes should have an eye check-up every 1 to 2 years, starting as soon as they are diagnosed.
 - Pregnant women with diabetes are especially at risk. They should have an eye check-up while they are planning a pregnancy, during the first trimester, as needed during pregnancy, and within the first year after the baby is born.
- Make sure you monitor your blood sugar frequently and use your medications as recommended by your doctor. There is evidence that keeping your blood sugar under tight control can slow down eye damage.
- If you have high blood pressure, follow your recommended diet and medications to keep it under control. If you are not sure whether you have high blood pressure, or whether your blood pressure is under control, discuss this with your doctor.
- If you begin to develop diabetic retinopathy, there are treatments that can slow down the damage, although they do not cure the condition. Laser surgery is used to seal "leaky" blood vessels in the eye and prevent new ones from forming. *Vitrectomy* is used for people who have a lot of bleeding in the eye. The cloudy eye fluid is replaced by a salt solution to improve the sight.

Glaucoma

Glaucoma is the second leading cause of blindness in North America, behind diabetes. In glaucoma, the optic nerve (the nerve carrying information from the eye to the brain) is damaged by a build-up of fluid in the eyeball. There are two types of glaucoma, called *open-angle glaucoma* and *closed-angle glaucoma*.

The front of the eye is filled with a clear liquid that supplies the eye with oxygen and nutrients and keeps it inflated. A gland behind the upper eyelid produces a steady supply of this liquid, and it normally drains out through a mesh of tiny holes behind the lower eyelid. In glaucoma, the liquid is produced normally, but it cannot drain out of the eye. This causes

pressure to build up in the eye, pressing on the optic nerve. The nerve cells slowly lose their blood supply, eventually dying. The outer nerves fail first, so vision loss tends to start at the edges, progressing to "tunnel vision" and blindness. Many people don't notice this at first, and there's usually no pain, so glaucoma is often quite advanced before it's detected. The only exception is a severe acute form of angle closure glaucoma, which is characterized by nausea, vomiting, a dull pain around the eye, and decreased vision.

The good news is that with early treatment, vision loss can be minimized or prevented. Because glaucoma isn't obvious, it's vital to get your eyes checked regularly, especially if you have any of these risk factors:

- family history of glaucoma
- African descent
- advancing age
- nearsightedness
- previous eye injury
- high blood pressure
- diabetes
- long-term use of prednisone, cortisone, or other steroids

Adults should have their eyes checked every one to two years up to the age of 65, and every year after that. But if you have any of these risk factors, you should go as often as your eye care professional recommends. At the check-up, the optometrist will measure the pressure in your eye, look at the optic nerve for signs of damage, and check your peripheral vision. If glaucoma is suspected, you will probably be referred to an ophthalmologist (a physician specializing in eye disorders) for treatment. Glaucoma is usually treated with eye drops that lower the pressure in the eye. In some cases, surgery may be needed.

Taking the eye exam

Did you know that it's important to have regular eye exams, even when your vision seems to be fine? Regular check-ups can detect "silent" conditions that could lead to blindness (such as glaucoma) so that they can be treated early. Children who are having trouble learning or reading at school may have a vision problem that can be found with a check-up and corrected. Regular check-ups also help you keep up-to-date on the latest information about eye care.

The Canadian Association of Optometrists recommends the following schedule for eye exams:

- **Infants and toddlers** (birth to 24 months) - By age 6 months
- **Preschool** (2 to 5 years) - At age 3, and before entering elementary school
- **School age** (6 to 19 years) - Every year
- **Adult** (20 to 64 years) - Every one to two years
- **Older adult** (65 years and older) - Every year

People who may be at higher risk of vision problems may need to have more frequent eye exams. In addition to regular eye exams, you should also have an eye exam if you have any concerns about your vision, or if you injure your eyes in any way. You might need a check-up if:

- you have trouble reading small print or doing close work such as sewing or crafts
- you need to hold newspapers and books further away in order to read them
- you get headaches or tired, burning eyes after reading or working on a computer
- you have difficulty seeing at night or seeing street signs while driving
- your eyes are irritated, dry, red, or sensitive
- you see spots, flashes of light, or floaters
- you have recently been diagnosed with diabetes
- you are in school and are having trouble reading or learning
- you have started handling chemicals, using power tools, or engaging in sports that may be hazardous to your eyes

Information taken from: Eye Health-Canada.com website

Buffalo Chicken Casserole



CHELSEA LUPKIN

Low carb, high rewards recipe.

TOTAL TIME: 0:55

PREP: 0:15

LEVEL: EASY

SERVES: 4

INGREDIENTS

- 1 head cauliflower, cut into florets
 - 2 tbsp. extra-virgin olive oil
 - kosher salt
 - Freshly ground black pepper
 - 12 oz. softened cream cheese
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- 1/3 c. buffalo sauce
- 1/4 c. ranch dressing, plus more for drizzling
- 1/3 c. sliced green onions, plus more for garnish
- 1 tbsp. garlic powder
- 2 c. shredded rotisserie chicken
- 1/2 c. shredded Cheddar
- 1/2 c. shredded gouda

DIRECTIONS

1. Preheat oven to 450 degrees F. In a baking dish, toss cauliflower florets with olive oil and season with salt and pepper.
2. Bake until tender, 20 minutes. Reduce oven temperature to 350 degrees F.
3. Meanwhile, in a medium bowl, stir together cream cheese, buffalo sauce, ranch, green onions, and garlic powder until combined. Set aside.
4. Toss rotisserie chicken with roasted cauliflower in baking dish and spread cream cheese mixture on top.
5. Top with cheddar and gouda and bake until cheese is completely melted and bubbly, 20 minutes.
6. Let cool 10 minutes, then drizzle with ranch and garnish with green onions or chives and serve.

Recipe from: [40+ Easy Healthy Dinner Ideas - Best Recipes for Healthy Dinners ...](http://www.delish.com/cooking/recipe-ideas/g3733/healthy-dinner-recipes)
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Have a Fun and Safe Summer Everyone!!!

