

Summer 2021

Health Chronicle



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The 4 Best Ways to Protect Your Eyes This Summer

A lot of people take their eyesight for granted, but eyesight allows you to connect to your surroundings, keeps you safe and helps you maintain mental clarity. According to the Centers for Disease Control and Prevention (CDC), approximately 12 million Americans have vision problems. If you don't take the proper precautions to take care of your eyes, you could end up hurting them unintentionally.

Fortunately, eyewear products in recent years have allowed for innovative solutions in the ways we take care of our eyes. Here are some of the innovative eyewear solutions that solve the most common problems:

Switching glasses frequently

Some people need different glasses for reading, computer use, talking with others and more. If it's bothersome to take your glasses on and off from one task to the next, Multi Focus glasses can help!

The magnification is strongest on the bottom of the lens, and smoothly decreases to about half that magnification at the top of the lens. Whether you're reading a book, working on the computer or just spending time with a friend, Multi Focus helps you see clearly.

Excessive screen time and blue light

People are constantly connected to their phones, computers and tablets these days, especially those who are working from home or distance learning. And even when they're off the clock, people are still looking at screens, streaming media or video chatting with a friend.

Fortunately, blue light glasses can help reduce your exposure to blue light throughout the day. Many blue light glasses brands come with patented lens technology.

Active lifestyle and frequently broken glasses

If you're an avid hunter, fisher or runner, you need eyewear that can protect you from all of the elements the human body and Mother Nature throw your way. Whether it's your sweat, the blinding glare of the sun or the unpredictability of the weather, maintaining good vision is important for both your health and your survival.

With state-of-the-art performance eyewear from Gargoyles, you can have an undistorted view of almost anything that stands in your line of vision. If you're looking to get active eyewear, make sure the brand you buy meets or exceeds ANSI standards for durability and clarity. Also, you'll want to make sure they feel as good as they look.

Harsh sun and eye strain outdoors

Summer is around the corner. And if you like to sit outside, your standard prescription glasses likely won't protect you. The sun can shine light directly on you when you're trying to read. And if it's hot and bright enough, it can be risky if you're reading for prolonged periods outside.

Fortunately, Foster Grant Fits Over sunglasses can protect eyeglass wearers from the sun's UV light and provide polarized protection from sun exposure, allowing you to kick back and relax outside while you enjoy your favorite book with ease. Learn more at fostergrant.com.



"Our vision correlates so much with our quality of life," says Matthew Coon, Senior Vice President, Product Design and Development at FGX International. "When you have eyewear that provides comfort and clarity no matter what you're doing, the possibilities are endless."

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Eyelid Trouble? Managing Blepharitis



You probably don't give your eyelids much thought. But many conditions can irritate them.

One of the most common issues is called blepharitis. Blepharitis is an inflammation of the eyelid. It can affect the inside or the outside of the skin that lines the eyes.

The condition can make your eyelids red, swollen, irritated, and itchy. It can also cause crusty dandruff-like flakes to form on your eyelashes. Though rarely dangerous, blepharitis may cause discomfort and pain.

The main cause of blepharitis is extra growth of the normal bacteria found on your skin. Other conditions, including allergies, rosacea, certain mites, dandruff, or oily skin can increase the risk of this bacterial overgrowth.

Blepharitis can lead to other eye problems. Common ones include a stye, which is a red, painful bump on the eyelid caused by a blocked oil gland. A chalazion is like a stye, but doesn't hurt, though it can make your eyelid

swell and turn red. Very rarely, blepharitis can cause damage to the cornea—the clear outer layer at the front of your eye.

Blepharitis often contributes to another common eye problem called dry eye. In this condition, oil and flakes alter the thin layer of tears that sits across the surface of your eye. This can make your eyes feel dry.

But some people's eyes instead feel watery or teary because their tears aren't working correctly. That's because of inflammation on the eye's surface.

"Patients with dry eye tell me that their eyes water all the time, especially in windy environments," explains Dr. Jason Nichols, an eye doctor who studies dry eye diseases at the University of Alabama at Birmingham.

Once someone develops blepharitis, it never totally goes away. But flare ups can be managed and prevented.

Most people can keep the condition in check with good eyelid hygiene.

“But people have to be consistent and clean their eyes daily,” says Nichols.

Some people with blepharitis may be prescribed antibiotics. Others need medications to reduce inflammation or keep their eyes moist.

If you have recurring irritation of your eyes or your eyelids, Nichols says, “see an eye care provider, and make sure you get an accurate diagnosis.”

Nichols’ research team is working on developing imaging and other methods to look closely at the surface of our tears and oil glands in the eyes. This may help them better understand what happens when the eyelids get irritated.

“We often take our eyes for granted, but when things go wrong, it really does have an impact on quality of life,” Nichols says.

Article reprinted from NIH News In Health

Eyelid Care

Steps for cleaning your eyelids when you have blepharitis:

- Wash your hands with soap and water.
- Mix warm water with a gentle cleanser on a soft washcloth.
- Press the cloth against your closed eye for a few minutes to loosen crusts. This can also help keep your oil glands from clogging.
- Gently rub the cloth back and forth, focusing on the area where your eyelashes meet your eyelids.
- Rinse your eye with clean water.
- Commercially available eyelid cleaning wipes and non-allergenic makeup removal wipes are also available.

HVA Sponsors Himalayan Cataract Project

Himalayan Cataract Project envisions a world where no one is needlessly blind.

Of the more than 36 million people worldwide suffering from unnecessary blindness, half are due to cataracts that can be surgically treated. The cure exists, but remains out of reach to many living in countries where there are few doctors and scarce resources dedicated to eye care.

Himalayan Cataract Project’s mission is to cure needless blindness with high-quality, cost-effective eyecare in underserved areas of the world. Working with an extensive network of partners across South Asia and sub-Saharan Africa, they train local eye care professionals to serve their communities, provide sight-restoring surgeries in resource-limited settings, and source critical eye care equipment for new and growing eye care centers around the world.

Himalayan Cataract Project’s Co-founders, Nepali ophthalmologist Dr. Sanduk Ruit and American ophthalmologist Dr. Geoff Tabin, first recognized the unmet eye health need in the Himalayas 25 years ago. By perfecting a low-cost surgical procedure adapted for non-traditional settings, they developed a system where hospital-quality standards of care can be applied no matter where the patient is located. With a material cost of \$25, cataract surgery can restore sight and life to a blind person in 10 minutes. This is not a temporary fix – it is a permanent cure.

Today, Himalayan Cataract Project (HCP) has replicated its successful eye care delivery model in over 20 countries, including Rwanda, Myanmar, India, Bhutan, Ghana, Ethiopia, and Nepal. Together with their network of partners around the world, HCP has provided over one million sight-restoring surgeries.



HVA SUPPORTS HEALTHY VISION AROUND THE WORLD

Every year, Healthy Vision Association sponsors a variety of charitable organizations. Here is a list of the organizations we currently, and are continuing to, sponsor.

- **Prevent Blindness** – <http://www.preventblindness.org>
- **Optometry Giving Sight** – <http://www.givingsight.org>
- **America's VetDogs** – <http://www.vetdogs.org>
- **Himalayan Cataract Project** – <http://www.cureblindness.org>
- **The Seeing Eye** – <http://www.seeingeye.org>
- **United States Association of Blind Athletes (USABA)** – <http://www.usaba.org>
- **Eye Thrive** – <http://www.eccoma.org>
- **Support Sight** – <http://www.mvrf.org>
- **Children's Center for the Visually Impaired (CCVI)** – <http://www.ccvi.org>
- **Guiding Eyes for the Blind** – <http://www.guidingeyes.org>
- **Team Activities for Special Kids (TASK)** – <http://www.tasksports.org>
- **Mercy Ships** – <http://www.mercyships.org>
- **Delta Gamma Center for Children with Visual Impairments** – <http://www.dgckids.org>
- **Kids Vision for Life St. Louis** – <http://www.kidsvisionforlifestlouis.com>
- **Unite for Sight** – <http://www.uniteforsight.org>
- **United in Stride** – <https://www.unitedinstride.com>
- **St. Louis Blues Blind Hockey Club** – <https://www.stlbbhc.org>
- **NY Metro Blind Hockey Team** – <https://www.nymbh.org>
- **Thompson Center for Autism - University of Missouri Autism and Visual Impairment Outreach**
- **Veterans Community Project Vision Initiative**
- **MUOT Tiger OT Low Vision Program**

HVA is very fortunate to have an extremely impressive board of directors. Their real world success and experience and their overall commitment and care have been pivotal to the growth and success of HVA.

The Healthy Vision Association is dedicated to helping its members see well and be healthy by providing access that might not be available through employers to products, services and information that promote vision and overall health.

As a Healthy Vision Association member, you'll enjoy discounts and savings on health, travel and other services that can save you hundreds of dollars each year. And, you'll have the opportunity to enroll in premium vision plans offered by VSP® Vision Care to Association members (plans offered may vary by state). A portion of your annual enrollment fees will be used to sponsor charitable organizations that support vision and overall health and wellness.

The HVA Health Chronicle is published by:
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Articles in this newsletter are meant to be informative, enlightening, and helpful to you. While all information contained herein is meant to be completely factual, it is always subject to change. Articles are not intended to provide medical advice, diagnosis or treatment. Consult your doctor before starting any exercise program.

Benefits may not be available in all membership levels.
For more information, or to upgrade your membership, please call
1-800-387-9027.

