

CAREZone

JANUARY/FEBRUARY 2023



American Heart Month

What are the signs of stress?

When people are under stress, they may feel:

- Worried
- Angry
- Irritable
- Depressed
- Unable to focus

Stress also affects the body. Physical signs of stress include:

- Headaches
- Back pain
- Problems sleeping
- Upset stomach
- Weight gain or loss
- Tense muscles
- Frequent or more serious colds

What are the benefits of managing stress?

Over time, chronic stress can lead to health problems. Managing stress can help you:

- Sleep better
- Control your weight
- Get sick less often and feel better faster when you are sick
- Have less neck and back pain
- Be in a better mood
- Get along better with family and friends

January is National Glaucoma Awareness Month

Glaucoma is called "the sneak thief of sight" since there are no symptoms and once vision is lost, it's permanent. As much as 40% of vision can be lost without a person noticing.

Glaucoma is the leading cause of *preventable* blindness. Moreover, among African American and Latino populations, glaucoma is more prevalent. Glaucoma is 6 to 8 times more common in African Americans than Caucasians.

What is Glaucoma?

Glaucoma is a group of eye diseases that gradually steal sight without warning. Although the most common forms primarily affect the middle-aged and the elderly, glaucoma can affect people of all ages. Vision loss is caused by damage to the optic nerve. This nerve acts like an electric cable with over a million wires. It is responsible for carrying images from the eye to the brain.

There is no cure for glaucoma — yet. However, medication or surgery can slow or prevent further vision loss. The appropriate treatment depends upon the type of glaucoma among other factors. Early detection is vital to stopping the progress of the disease.

Facts and Statistics

Glaucoma is the second leading cause of blindness in the world, according to the World Health Organization. In the most common form, there are virtually no symptoms. Vision loss begins with peripheral or side vision, so if you have glaucoma, you may not notice anything until significant vision is lost.

The best way to protect your sight from glaucoma is to get a comprehensive eye examination. Then, if you have glaucoma, treatment can begin immediately. See www.glaucoma.org for more information.

Previous issues of our newsletters can be viewed under

"Resources > Newsletters at: www.MC-Rx.com



Take Action Now

Heart-Healthy Eating Goals



Heart-Healthy Diet Goals

Preparing food in a healthy way is as important as buying the right foods. Here are some tips to get you started:

A heart-healthy diet includes:

- Eating only as many calories as your body needs
For example:
 - An average 55-year-old woman with a fairly inactive lifestyle should aim for 1,600 calories per day
 - An average 60-year-old man with a moderately active lifestyle should aim for 2,200 to 2,400 calories per day.
- Less than 25% to 35% of total daily calories from fat
- Less than 7% of calories from saturated fat
- Less than 2,500 mg of sodium (salt) daily. If you have high blood pressure or are at risk for diabetes or kidney disease, then the recommendation is no more than 1,500 mg of salt per day.

Healthy Cooking Tips

- Cut off all the fat you can see on your meat before you cook it.
- Steam, roast, boil, bake, or broil foods instead of frying.
- Use a small amount of vegetable oil or cooking spray rather than lard, butter, or shortening...or use a nonstick cooking pan.
- Take off solid fat from cold broth before you cook with it.