

HealthyBy Choice

...One Day at a Time

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WORKPLACE EYE WELLNESS MONTH

With so many of us using computers at work, computer eye strain has become a major job-related complaint. Studies show that eye strain and other bothersome visual symptoms occur in 50 to 90 percent of computer workers.

These problems can range from physical fatigue, decreased productivity and increased numbers of work errors, to minor annoyances like eye twitching and red eyes.

Here are **10 easy steps** you can take to reduce your risk of computer eye strain and other common symptoms of computer vision syndrome (CVS):

1. Get a comprehensive eye exam every year
2. Use proper lighting – avoid sunlight or too bright interior lights
3. Minimize glare – position your computer screen, use an anti-glare screen or wear anti-glare glasses
4. Use an LCD screen with a large display area
5. Adjust computer settings for brightness, text size, contrast
6. Blink more often
7. Exercise your eyes – look away from any screen often and focus in the distance
8. Take frequent breaks – stand up, stretch
9. Check your workstation – proper ergonomics can help with eye, back and neck strain – your screen should be 20-24 inches from your eyes and 10-15 degrees below the level of your eyes
10. Consider computer eyewear – talk to your eye doctor, particularly if you wear contact lens



Follow the 20-20-20 rule

Every 20 minutes of screen time, take a 20-second break and look at an object at least 20 feet away from you.

To enforce this simple rule, try leaving your desk and taking a quick stroll around the office, giving your eyes a break and a refreshing change of scenery.



Healthy Eyes...A Job Well Done!



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National Kidney Month

The kidneys are powerful chemical factories that perform the following functions:

- remove waste products from the body
- remove drugs from the body
- balance the body's fluids
- release hormones that regulate blood pressure
- produce an active form of vitamin D that promotes strong, healthy bones
- control the production of red blood cells

Major risk factors for developing kidney disease include **diabetes**, **high blood pressure**, a family history of kidney failure and being **age 60 or older**.

Chronic kidney disease is a serious condition that affects more than 30 million adults in the United States, yet people in the early stages may not have symptoms. Many people don't find out they have kidney disease until their kidneys are permanently damaged, which is why you should get tested early.

9 Things Everyone Should Do For Healthy Kidneys:

- Exercise regularly
- Control weight
- Follow a balanced diet
- Quit smoking
- Drink only in moderation
- Stay hydrated
- Monitor cholesterol levels
- Get an annual physical
- Know your family medical history



Don't neglect your kidney health!

