

Union County Health Coalition

January 2011

Our Four Areas of Focus:

Nutrition
Exercise
Smoking
Teen Pregnancy

Join us at our monthly meetings on the last Thursday of each month at Methodist Hospital Union County at noon

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HAPPY New Year

January is Glaucoma Awareness Month

Glaucoma is a group of eye diseases which in most cases produce increased pressure within the eye. This elevated pressure is caused by a backup of fluid in the eye. Over time, it causes damage to the optic nerve. Through early detection, diagnosis and treatment, you and your doctor can help to preserve your vision.

Think of your eye as a sink, in which the faucet is always running and the drain is always open. The aqueous humor is constantly circulating through the anterior chamber. It is produced by a tiny gland, called the ciliary body, situated behind the iris. It flows between the iris and the lens and, after nourishing the cornea and lens, flows out through a very tiny spongy tissue, only one-fiftieth of an inch wide, called the trabecular meshwork, which serves as the drain of the eye. The trabecular meshwork is situated in the angle where the iris and cornea meet. When this drain becomes clogged, aqueous cannot leave the eye as fast as it is produced, causing the fluid to back up. But since the eye is a closed compartment, your `sink` doesn't overflow; instead the backed up fluid causes increased pressure to build up within the eye. We call this open (wide) angle glaucoma.

To understand how this increased pressure affects the eye, think of your eye as a balloon. When too much air is blown into the balloon, the pressure builds, causing it to pop. But the eye is too strong to pop. Instead, it gives at the weakest point, which is the site in the sclera at which the optic nerve leaves the eye.

The optic nerve is part of the central nervous system and carries visual information from the eye to the brain. This cranial nerve is made up of over one million nerve axons, which are nerve fiber extensions of the retinal ganglion cells. When the eye pressure is increased and/or other inciting factors exist, the optic nerve becomes damaged and the retinal ganglion cells undergo a slow process of cell death termed "apoptosis." The death of the retinal cells and degeneration of the nerve fibers results in permanent vision loss. Early diagnosis and treatment of glaucoma can help prevent blindness. For more information, visit <http://www.glaucomafoundation.org>



Did you know.....

According to the Partnership at DRUGFREE.ORG the following is true:

- 1 in 2 teens drank alcohol in the last year
- 1 in 9 teens has abused cocaine or crack in their lifetime
- 1 in 8 teens has abused cough medicine in their lifetime
- 1 in 8 teens has abused Ecstasy in their lifetime
- 1 in 20 teens has abused heroin in their lifetime
- 1 in 6 teens has abused inhalants in their lifetime
- 1 in 3 teens has abused marijuana in their lifetime
- 1 in 14 teens has abused methamphetamine in their lifetime
- 1 in 5 teens has abused prescription pain relievers in their lifetime
- 1 in 11 12th graders has abused sedatives and/or tranquilizers in their lifetime
- 1 in 10 teens has abused Ritalin or Adderall in their lifetime
- 1 in 20 teens has abused steroids in their lifetime
- 1 in 4 teens smoked cigarettes in the last 30 days



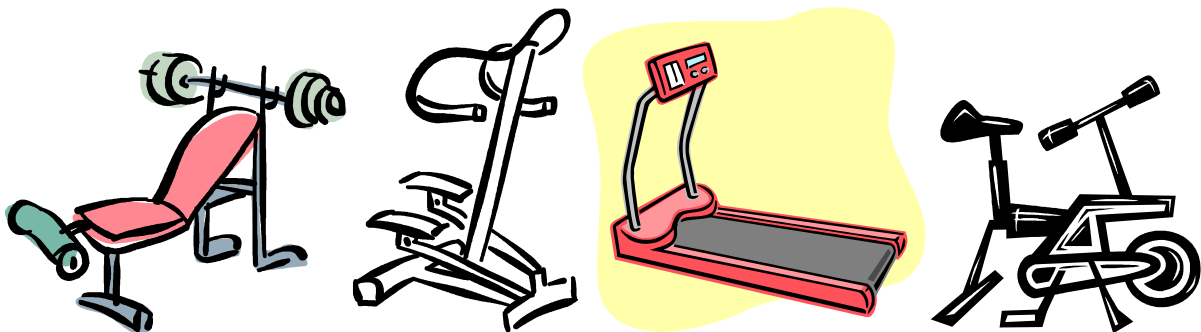
For more information, visit <http://www.drugfree.org/prevent>

Exercise Wisely.

Nothing is more consistently prescribed by physicians for a healthy, energetic, and productive life than exercise. You can achieve these goals for yourself.

Yes, You Can!

- ➔ Before getting started, see a doctor and set specific fitness goals.
- ➔ Don't become obsessed with exercise. Three twenty-minute aerobic workouts per week are enough for most people to stay physically fit.
- ➔ Don't expect immediate, magical results. Shoot for gradual, long-term progress. Don't punish yourself by swallowing the "no pain, no gain" philosophy. Listen to your body; don't push it past its limits.
- ➔ Walk briskly one mile a day after dinner. Walk down the hall to see a colleague instead of picking up the telephone. Park in remote, but safe sections of parking lots. Take the stairs for climbs of three flights or less.
- ➔ Before investing in expensive equipment, make a serious commitment to exercise. Research the relative benefits and drawbacks of treadmills, stationary bikes, cross-country ski machines, stair climbers, free weights, and multi-station gym machines.
- ➔ Choose an exercise you enjoy so you'll stick with it.
- ➔ Spend three to five minutes warming up your muscles and cardiovascular system before doing any exercise.
- ➔ The older you get, the more you need to supplement aerobic exercise with strength training, flexibility exercises, and weight bearing activities, which help you keep your bones strong.
- ➔ During an aerobic workout, keep your heart rate at 60 to 80 percent of its predicted maximum rate for your age.
- ➔ Discontinue strenuous exercise during illness.



Green River Heart Disease and Stroke Prevention Partnership

SAVE THE DATE

Wednesday January 19

11:30 a.m. - 1 pm

Green River District Health Dept

1501 Breckenridge Street

Owensboro, Kentucky

Bedford Walker Room

Lunch Provided

RSVP- Don Crask, donald.crask@ky.gov, ph. 270-852-5426

Tentative Agenda Items

- Kentucky Heart Disease and Stroke Prevention Taskforce Strategic Plan
- Legislative update
- OMHS and OMHS HealthPark Heart and Stroke Agenda for 2011
- American Heart Association's Wear Red Day
- Local and Regional Go Red for Women programs
- Green River Health Council Lunch and Learn Events
- April partnership meeting on Stroke prevention
- Reducing Salt in your diet (speaker)
- Smoke Free Communities
- Northern KY Care Collaborative Blood Pressure Educational Encounter
- Regional news

Please send additional agenda items. All would be interested in upcoming events and heart disease prevention efforts. Send agenda items to Don Crask