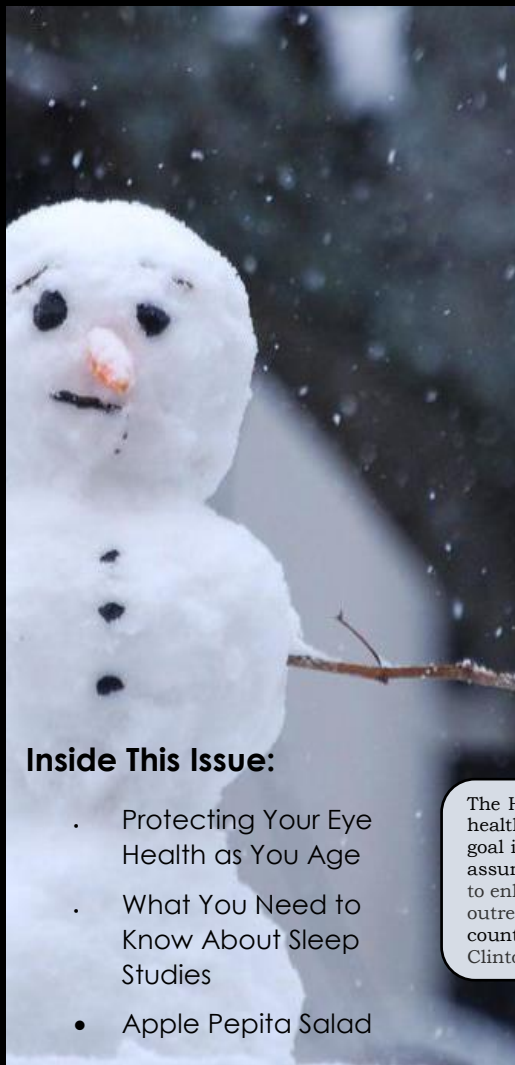


# HEALTHY OUTCOMES



## Inside This Issue:

- Protecting Your Eye Health as You Age
- What You Need to Know About Sleep Studies
- Apple Pepita Salad

## Protecting Your Eye Health as You Age

By Geisinger Wellness | October 2019

### Prevention and early detection are key to keeping aging eyes healthy throughout the years

If you've always had great eyesight and suddenly find yourself blinking or squinting because things are a bit blurry or foggy, it's time for a visit with your eye doctor. Fuzzy or cloudy vision is often caused by nearsightedness, farsightedness or astigmatism — common issues that can typically be corrected with glasses or LASIK surgery. However, changes in vision could be an early indicator of a more serious eye condition.

Here are a few ways to lower your risk of age-related eye problems.

### Glaucoma

Nearly three million Americans over 40 have glaucoma, and nearly half of them are at risk for going blind because they don't realize they have it. Currently, glaucoma is the second leading cause of blindness in the U.S.

Glaucoma is a group of eye diseases that damage the eye's optic nerve (which transmits visual information from the eye to the brain) and often leads to vision loss and blindness. Usually caused by a buildup of pressure in the eye, anyone can develop glaucoma, although the condition is linked to certain risk factors: Elevated internal eye pressure (intraocular pressure); Being over 60; A family history of glaucoma; Chronic health conditions like diabetes, heart disease and high blood pressure; Thyroid disease; Severe eye injuries or eye surgeries; Being of African American, Irish, Russian, Japanese, Hispanic, Inuit or Scandinavian descent; Long-term corticosteroid use.

Although there is no way to prevent glaucoma, its progression can be slowed with early intervention — which is why regular eye exams are so important.

*(Continued on page 3)*

The HCQU works with intellectual disabilities and behavioral health programs in Central PA to provide health care management services for adults with Intellectual/Developmental Disabilities or Autism. Our goal is that all people living in PA, regardless of ability, receive the finest community services available — assuring that they are as healthy as possible and can fully participate in community life. The HCQU works to enhance access to community physical and mental health care through **FREE** education, public health outreach, advocacy and empowerment as well as to improve health care outcomes. Serving the following counties: Blair, Centre, Columbia/Montour/Snyder/Union, Huntingdon/Mifflin/Juniata, Lycoming/Clinton, Northumberland and Schuylkill.

*The information offered in this newsletter is to increase your awareness of health-related situations. It is not intended to be a substitute for professional medical advice. If you believe you or someone you support has a condition, please seek the advice of a physician.*

# What You Need to Know About Sleep Studies

Geisinger Wellness | Nov. 25, 2019

## A little help for a real night's sleep

If you've been struggling to get a good night's sleep, you're not alone. A survey from *Consumer Reports* found 164 million Americans have consistent issues with sleep, from trouble falling or staying asleep to disordered sleep from a medical condition.

"Adults need to sleep between seven and nine hours each night to maintain good health," said Dr. Michael Marino, D.O., medical director of Geisinger Sleep Labs. "Sleep helps with weight control, reduces risk of heart problems, increases mental sharpness and boosts the immune system."

The first step to getting back on track is understanding the problem. Most people can trace sleep struggles to environmental factors, bad habits and stress. However, after an honest conversation with your doctor about these habits and health history, they may recommend a sleep study, or Polysomnogram (PSG), to rule out any health problems.

"Disorders like sleep apnea and restless legs syndrome can have a huge impact on your daily life," said Dr. Marino. "But they are treatable if you take the proper steps."

If your care team does decide to pursue a sleep study, here is what you need to know and what you can expect.

## What to expect in a sleep study

Sleep studies record your brain waves, blood oxygen levels, breathing, heart rate, and eye movements during the night. Doctors will watch you cycle through the sleep stages to make sure you get non-rapid eye movement (NREM) and rapid eye movement (REM) sleep. Though both stages are necessary for a restorative sleep, REM sleep is where most dreaming takes place and when you have more brain activity.

"On the day of the study you should avoid alcohol or drinks with caffeine, as they disrupt sleeping patterns," said Dr. Marino. You will be able to bring any items needed for your nightly routine and can even bring your own pillow and pajamas.



Inside the sleep study room, you will be connected to monitors that allow specialists to keep an eye on your blood oxygen

level, heart rate and brain waves throughout the night. There will also be a camera and radio system, so your team can monitor limb movements and speak to you.

In the morning, you wake up and go about your daily routine. Your doctor will schedule a follow-up appointment to assess the results.

## Common sleep disorders

Of those 164 million Americans with trouble sleeping, nearly 70 million suffer from diagnosed sleep disorders. Some of the most common disorders are sleep apnea and restless leg syndrome.

*(Continued on page 4)*

# HELP WANTED!

An RN Part-Time position is available in Centre County working with caregivers of and adult persons with intellectual and developmental disabilities or autism.

*If you are interested, please apply online at [www.geisinger.org/careers](http://www.geisinger.org/careers)*

*Keyword – HCQU RN*

*Questions? Call Cheryl at 570-271-5935*

## Protecting Your Eye Health...

(Continued from page 1)

Here's when to be screened:

**Age 40-55:** Adults with no risk factors should have an initial screening exam at 40, then every 2 to 4 years.

**Age 55-65:** Should be screened every 1 to 3 years.

**Age 65+:** Should be screened every 1 to 2 years.

Those who have a higher risk should be screened more frequently.

### Cataracts

Almost 25 million Americans age 40 and over have cataracts. By the time they reach age 80, more than half of all people have some form of cataracts.

Cataracts are a clouding of the eye lens that naturally occurs as we get older, due to a buildup of protein on the lens. While the condition is most common in those over age 60, cataracts are not only caused by age. Environmental factors such as exposure to UV rays, smoking and drinking alcohol may also increase the chances of developing cataracts. Some babies are born with cataracts due to genetic defects, developmental issues or exposure to rubella during pregnancy.

While there is no sure-fire way to prevent cataracts, living as healthy a lifestyle as you can may reduce your risks of getting them.

Although cataracts are extremely common, they are typically treated through a painless, safe and quick procedure that replaces the cataract with a clear artificial lens.

Cataract surgery is one of the most common surgeries performed each year and is highly successful in restoring vision.

### Age-related macular degeneration

Age-related macular degeneration (AMD) affects about 8.5 million Americans over age 40 and is the leading cause of visual impairment for those over 50. While its cause is unknown, the late stages of this condition can lead to blindness.

Macular degeneration affects the macula, or center, of the eye's retina, which receives the images that translate into visual signals in our brain. When the tissue is damaged, we can lose our detailed central vision.

Research and treatments for AMD continue to evolve. For instance, current findings show high levels of zinc and antioxidants can play a key role in slowing the progression of advanced AMD and that conventional laser and photodynamic therapy can reduce the risk of moderate to severe vision loss in patients with specific forms of "wet" macular degeneration.



Macular degeneration often has no warning symptoms, which is why having regular eye exams and talking with your eye doctor about vision changes is so important, especially after age 40. If you are at risk for macular degeneration, be sure to see an eye care specialist for a complete eye exam at least every one to two years.

### When to see an eye doctor

If you're experiencing any of the following issues, be sure to see your eye doctor: Blurry vision or seeing double; Trouble reading signs or books; Pain or redness of the eye that doesn't go away; Feeling pressure in your eye; Seeing spots or floaters; Loss of peripheral or side vision.

### Eye health tips.

Here are some tips for keeping healthy eyes in your 40s, 50s, 60s, 70s and beyond: Have regular eye exams; Eat a balanced, healthy diet; Exercise regularly, which can address health conditions, such as diabetes, obesity and high blood pressure, that are linked to eye conditions; Shield your eyes from the sun's ultraviolet (UV) rays with sunglasses; Stop smoking; Wash your hands; Get a good night's sleep; Limit your use of electronic and blue light devices; Wear protective eyewear if you play sports. ■

## PPC Meeting

The first PPC meeting of 2020 will be held  
February 25<sup>th</sup>

Northumberland County Human Services  
Building

217 N. Center Street, Sunbury

## UNSCRAMBLE THE WORDS

(The words are taken from this month's articles and ads)

tressels \_\_\_\_\_  
 generatione \_\_\_\_\_  
 quistiginn \_\_\_\_\_  
 clecy \_\_\_\_\_  
 memonvest \_\_\_\_\_  
 columaga \_\_\_\_\_  
 travertoise \_\_\_\_\_  
 attacarcs \_\_\_\_\_  
 rebracenirs \_\_\_\_\_  
 peels neapa \_\_\_\_\_  
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 crumala \_\_\_\_\_  
 bathgrine \_\_\_\_\_

### ANSWERS TO WORD SCRAMBLE:

Restless, degeneration, squinting, cycle, movements, glaucoma, restorative, cataracts, cranberries, sleep apnea, pepita, macular, breathing

## Sleep Studies...

(continued from page 2)

**Sleep apnea** is marked by a closing of your airway when sleeping, depriving your brain and body of oxygen. This can cause permanent damage over time. Symptoms include snoring, consistent sore throat or shortness of breath when waking, a lack of energy or consistent tired feeling.

Your doctor will diagnose sleep apnea if they notice irregular breathing during the sleep study.

It can be treated with continuous positive airway pressure therapy (CPAP), using a machine with a mask that applies mild air pressure, helping you maintain an even breathing pattern and keeping your airways open. Some patients have also found success with oral or dental devices to open the airway, or simply through changing their sleeping position.

**Restless leg syndrome (RLS)** is marked by uncontrollable urges to move the legs and feet while resting. You may also involuntarily flex or extend limbs while sleeping. These movements will jerk you awake and interrupt the sleep stages, keeping you from feeling rested.

During the study, your doctor will monitor for these movements. If diagnosed, RLS can be treated with medication and lifestyle changes. Exercise in the afternoon or evening can make symptoms somewhat better; so do tasks that require heavy concentration just before bed, like knitting or puzzles. ■

# Cooking Corner

## Apple Pepita Salad

¼ cup hulled pumpkin seeds (pepitas)  
 1 tsp olive oil, or as needed (optional)  
 1 tsp minced shallot  
 ground black pepper to taste

### Salad:

3 cup torn romaine lettuce  
 3 cup torn baby spinach  
 1 cup dried apple chips  
 ¼ cup dried cranberries  
 ¼ cup crumbled bleu cheese

### Dressing:

1/3 cup extra-virgin olive oil  
 3 tbsp apple cider vinegar  
 2 tbsp white sugar  
 1 tsp Dijon mustard  
 1 tsp mayonnaise



Preheat oven to 400°F. Toss pepitas with 1 teaspoon olive oil in a bowl; spread onto a baking sheet. Toast in the preheated oven until pepitas start to turn golden brown and become fragrant, about 5 minutes. Let cool. Combine 1/3 cup olive oil, vinegar, sugar, mustard, mayonnaise, shallot, and black pepper together in a container with a tight-fitting lid. Screw on lid tightly and shake dressing vigorously. Toss the toasted pepitas, dressing, romaine lettuce, spinach, apple chips, cranberries, and bleu cheese together in a large bowl.

## CENTRAL PA HEALTH CARE QUALITY UNIT (HCQU)

**Director** – Cheryl Callahan RN,  
 CDDN, 570-271-5935

**Secretary** – Lesley Murphy,  
 570-271-7240

**Training Coordinator** – Patricia  
 Brofee RN, 570-271-5159

**Data Support Analyst** – Kristy  
 Campbell, 570-214-4753

**Blair Co.** – Sandra Corrigan RN,  
 CDDN, 814-574-7783

**Centre Co.** – TBD  
 570-271-7240

**CMSU (Columbia, Montour, Snyder  
 and Union Co.)** – Laura  
 Aungst RN, CDDN,  
 570-214-1150 ext. 1001124028

**HMJ (Huntington, Mifflin and  
 Juniata Co.)** – Carol Sumner  
 RN, CDDN,  
 570-271-5935

**Lycoming/Clinton Co.** – Eileen  
 Musgrave RN,  
 570-214-1150 ext. 1001124027

**Northumberland Co.** – Amy  
 Weidner RN,  
 570-214-1150 ext. 1001124025

**Schuylkill Co.** – Brandi McIntyre RN,  
 570-214-1150 ext. 1001124029