

Health Chronicle

Summer 2017

For Members of



Detect Glaucoma Early to Protect Vision

Glaucoma is a group of diseases that damage the eye's optic nerve, which carries visual signals from the eye to the brain. If left untreated, glaucoma can lead to vision loss or blindness. But many people with early-stage glaucoma have no symptoms. By the time they're diagnosed, they may have already noticed changes to their side, or peripheral, vision.

"Studies show that at least half of all people with glaucoma don't know they have this potentially blinding eye disease," says Dr. Paul Sieving, director of NIH's National Eye Institute. "The good news is that glaucoma can be detected in its early stages through a comprehensive dilated eye exam."

With early detection, glaucoma can be controlled through medications or surgery. Early treatment can protect the eyes against serious vision loss.

Anyone can get glaucoma, but some people are at increased risk. At-risk groups include African Americans ages 40 and older; everyone over age 60, especially Hispanics/Latinos; and people who have a family history of the disease.

If you're at increased risk, be sure to get a comprehensive dilated eye exam every 1 to 2 years. And encourage family members to do the same.



Optometry Scholarships
\$2500 available for
20 optometry students

Healthy Vision Association (HVA) wanted to take a moment and share our goal to become a scholarship sponsor for Schools of Optometry nationwide.

- HVA will award up to 20 scholarships for the fall semester
- Scholarships will be in the amount of \$2,500 each
- To apply you must be a qualified optometry student and HVA member

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HVA Supports Healthy Vision Around the World

Every year, Healthy Vision Association sponsors a variety of charitable organizations. We'd like to highlight the following organizations, which HVA partnered with in 2017.

Kids Vision for Life St. Louis

Every child deserves the chance to reach their full potential. This is impossible if they can't see the world around them. Kids Vision for Life St. Louis bridges the gap between need and access to vision correction by providing services on-site at schools, with the greatest need, at no cost to the families. We provide vision screenings, conduct examinations and dispense new prescription glasses at over 155 schools in St. Louis, MO. Utilizing our state-of-the-art mobile clinic we bring vision services to over 40,000 students in over 15 school districts in St. Louis.

Kids Vision for Life St. Louis will be holding a fundraiser this fall, "Raise Your Glasses" to raise money to bring vision services to over 40,000 students in the 2017-2018 school year. For information about our program and our event, please visit our website: www.kidsvisionforlifestlouis.com.



Here are our stats since the 2009 school year:

Year	Schools	# Kids Screened	# Kids Examined	# of Glasses Prescribed
2009-2010	17	3793	528	403
2010-2011	29	6746	800	528
2011-2012	50	11699	1566	1162
2012-2013	63	6854	1998	1466
2013-2014	66	12984	2389	2017
2014-2015	91	23417	3421	2743
2015-2016	132	31166	4247	3737
2016-2017	155	35852	4981	4300

Folsom Project for the Visually Impaired



The Folsom Project for the Visually Impaired (FPVI) was established as a community service program in 1989 by the Folsom City Host Lions with the support of public organizations, individuals and

the Lions and Lioness of District 4-C5. The program is operated by Folsom Prison correctional staff and inmates. FPVI is dedicated to providing quality services to the blind, visually impaired, hearing impaired and learning disabled.

Founded by Lions Club, FPVI provides several alternate-media services, including:

- Reading of books on tape.
- Closed captioning on VHS for the hearing impaired.
- Gauge and distribute eyeglasses for the visually impaired.
- Braille textbooks for blind children
- Tactile illustrations and maps for the blind
- Computer assistive technologies that ensure web pages, office documents and other electronic mediums are available to the blind/sight impaired on computer

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NOTICE of ANNUAL MEETING of MEMBERS

The Annual Meeting of the Members of the Healthy Vision Association will be held at 16476 Wild Horse Creek Road, Chesterfield, Missouri, on Monday, September 18, 2017 at 5:00 p.m. (CST) for election of Directors and for the transaction of such other business as may properly come before the meeting and any adjournment thereof.

The above notice is given pursuant to the By-Laws of the Association.

PROXY

Healthy Vision Association

September 18, 2017 Annual Meeting of Members

THIS PROXY IS SOLICITED ON BEHALF OF THE HEALTHY VISION ASSOCIATION

The undersigned member of the Healthy Vision Association does hereby constitute and appoint the President of the Healthy Vision Association, the true and lawful attorney(s) of the undersigned with full power of substitution, to appear and act as the proxy or proxies of the undersigned at the Annual Meeting of the Members of the Healthy Vision Association and at any and all adjournments thereof, and to vote for and in the name, place and stead of the undersigned, as fully as the undersigned might or could do if personally present, as set forth below:

- (1) FOR [], or to [] WITHHOLD AUTHORITY to vote for, the following nominees for Board of Directors: Richard Schindehette, Steven Tilley, Thomas Lohse, Amanda Haahr, and Joseph Gira.
- (2) In their discretion, the proxies are authorized to vote upon such other business as may properly come before the Meeting.

This proxy when properly executed will be voted in the manner directed by the undersigned member. If no direction is made, this proxy will be voted for the election of directors and officers.

DATED: _____, 2017

Signature: _____

Name (please print): _____

Please date and sign and return promptly to 16476 Wild Horse Creek Road, Chesterfield, Missouri 63017 whether or not you expect to attend this meeting. The Proxy is revocable and will not affect your right to vote in person in the event that you attend the meeting.

Chesterfield, Missouri

August 14, 2017
Date

Nominate your favorite vision charity for an HVA donation!

Do you know of a worthy organization that promotes healthy vision? Tell us about it!

We'd like suggestions from you, the HVA members, about additional organizations who could benefit from a donation from our association. Please fill in the information below and mail this page along with your completed proxy on the other side.

Thank you!

Suggestion for a Healthy Vision Association donation

As an HVA member, I would like to suggest the following vision organization for an HVA donation:

Name of organization: _____

Website address or phone number: _____

Your (HVA member's) name: _____

Your email or phone number: _____

Folsom Project for the Visually Impaired, *continued*

FPVI serves the California public free of charge. FPVI has the capability to produce recordings in English, Spanish, Mandarin and Cantonese. They also offer a selection of recordings in Tagalog.

Presently there are 12 full time Braille transcribers on the FPVI inmate staff. The on-going nature of the Braille training allows all new employees in the program the opportunity to become fully certified Braille transcribers. These Braille transcribers have been working for the California Department of Education, braille children's books and textbooks, for both public and private schools throughout California.

FPVI also Closed Captions over a dozen films each month for the CA Community Colleges and other state agencies. Additionally, FPVI creates ADA-accessible PDF documents and fill-in forms, as well as converting other document types and web pages/sites into formats accessible to the visually disabled.

Working closely with Lions in Sight, FPVI is providing more than 100,000 plus pairs of eyeglasses per year to those in need in the United States and throughout the World.

HVA continues to support these great organizations:

- **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 Care Charity of Mid-America (ECCOMA)** – <http://www.eccoma.org>
- **Macula Vision Research Foundation** – <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>
- **1Touch Project** – <http://www.1touchproject.com>
- **ARCHS FBO Kids Vision for Life** – <http://www.kidsvisionforlifetlouis.com>
- **Unite for Sight** – <http://www.uniteforsight.org>
- **Folsom Project for the Visually Impaired**
- **UMSL College of Optometry Curators of the University of Missouri**
- **MUOT Tiger OT Low Vision Program**

Join the My Association Saving Benefits Perks Program!

My Association Saving Benefits provides members with exclusive perks and over \$4,500 in savings on everything from pizza and the zoo, to movie tickets, oil changes, hotels, and car rentals!

Popular Features Include:

- **Nearby Offers:** Use our show & save mobile coupons to quickly access savings on the go.
- **eTickets On Demand:** Save up to 40% with no hidden fees.
- **Show times:** Find movies, watch trailers, and save up to 40% at a theater near you.
- **Monthly Giveaways:** Win cash, movie tickets, electronics and more with our monthly contests.

And, with over 102,000 available discounts across 10,000 cities in the United States and Canada, you'll never be far from savings!



REGISTER & LOG IN — <https://masb.abenity.com/login> use code: masb

4 TIPS TO GET YOU STARTED

1. **Easy Mobile Access:** Drop an app icon on your phone or download our iPhone app, learn how at <http://prks.co/MobileApp>
2. **Perks 101 Support:** Register for the next perks webinar and watch our "How To" videos at <http://masb.abenity.com/perks/about>
3. **Monthly Emails:** Subscribe to our newsletters and be the first to know about new discounts and giveaways at <http://masb.abenity.com/perks/profile>
4. **Connect:** Share your savings stories and ideas with us at Facebook.com/Abenity and Twitter.com/Abenity using #LifeHasPerks

Curb Your Eating - Help Your Brain Fight the Urge to Splurge

Ever tried to eat just one potato chip, or take just one bite of chocolate cake? It may feel impossible. A little nibble triggers an urge to eat more. Some people feel driven to keep eating to the point where the food's no longer enjoyable. You know the resulting weight gain will harm your health. So why do you keep eating when it's not in your best interest?

Out-of-control behaviors around food can look and feel remarkably similar to an addiction to drugs and other substances. In fact, imaging studies have shown that addictive drugs can hijack the same brain pathways that control eating and pleasurable responses to foods. NIH-funded researchers are closely studying the biology of overeating to try to find new ways to help people curb these out-of-control behaviors.

"There's an addictive element to foods – especially high-fat, high-sugar foods – that drives many of us to overeat," says Dr. Nora Volkow, director of NIH's National Institute on Drug Abuse. She's been studying the brain's role in drug addiction and obesity for more than 20 years. Volkow and other scientists have found that high-calorie foods, like addictive drugs, can trigger the brain's reward system, releasing brain chemicals such as dopamine that make you feel terrific. So it's natural to want more. In fact, wanting more helped early humans survive.

"Each of us should be aware if there are certain foods that we can't stop eating once we start. Avoid having them at home. Don't buy them or start eating them, because that might trigger binge eating."

Dr. Nora Volkow

who had a heightened brain response to a sip of a milkshake when they weren't hungry were more likely to gain weight a year later.

While some brain areas drive us to seek sweets and fatty foods, other regions at the front of the brain can help us control our urges. We

"Our brains are hardwired to respond positively to foods that have a high content of fat or sugar, because these foods helped our ancestors survive in an environment where food was scarce," Volkow says. "In today's society, though, highly rewarding foods are everywhere. And our brain's reward system for foods is now a liability."

Seeing, smelling, tasting, or even hearing certain cues – from food ads on the radio to the smell of cinnamon buns in a shopping mall – can make us crave fattening foods when we're not even hungry. Brain studies show that food cues can be especially strong in people who are obese or at risk for weight gain. In one NIH-funded study, volunteers



can help our "rational" brain regions take control by avoiding tasty temptations and developing healthy habits.

Make healthy eating a part of your everyday routine by swapping unhealthy habits with healthy ones. Eat fruit instead of cookies as a daily dessert, or have a mid-day snack of crunchy carrots instead of potato chips. Instead of walking directly to the refrigerator after work, take a walk through your neighborhood. Over time, healthy habits can become wired in your brain. You'll do them without even thinking.

"Childhood and teen years are ideal times to develop healthy habits," Volkow says. "Healthy eating habits will help protect them in the future against the diseases associated with obesity."

References

Basolateral amygdala response to food cues in the absence of hunger is associated with weight gain susceptibility. Sun X, Kroemer NB, Veldhuizen MG, et al. *J Neurosci*. 2015 May 20;35(20):7964-76. doi: 10.1523/JNEUROSCI.3884-14.2015. PMID: 25995480.

Overlapping patterns of brain activation to food and cocaine cues in cocaine abusers: association to striatal D2/D3 receptors. Tomasi D, Wang GJ, Wang R, et al. *Hum Brain Mapp*. 2015 Jan;36(1):120-36. doi: 10.1002/hbm.22617. Epub 2014 Aug 21. PMID: 25142207.

The addictive dimensionality of obesity. Volkow ND, Wang GJ, Tomasi D, Baler RD. *Biol Psychiatry*. 2013 May 1;73(9):811-8. doi: 10.1016/j.biopsych.2012.12.020. Epub 2013 Jan 29. Review. PMID: 23374642.

Control Your Eating

Stick to a shopping list. It helps to shop when you're not hungry.

Remove temptation. Don't bring high-fat or sugary foods into your home.

Change your surroundings to avoid overeating. For example, don't eat while watching TV.

Meet friends in places that don't serve food.

Use smaller plates. We tend to eat most of what's on our plates, no matter the size.

Don't reward successes with food. Choose other rewards you enjoy – a movie, a massage, or personal time.

Seek help. Ask friends and family for support. Consider enrolling in a class or program.

Forgive yourself if you overeat. We all have occasional setbacks.

Struggling to Sleep? Don't Let Sleep Apnea Steal Your Sweet Dreams

Most people who have sleep apnea don't realize it. That's because this disorder only occurs during sleep.

Sleep apnea is when you have pauses in breathing while you're asleep. These pauses can last from seconds to minutes. You may have difficulty breathing a few times or dozens of times an hour.

These breathing pauses can be dangerous if they cause the oxygen level in your body to drop or disturb your sleep. When oxygen drops, your brain does whatever it can to get you to resume breathing. And then you may snore, gasp, snort loudly, or make a choking sound. A family member or bed partner might be the first to notice these disruptions in your sleep.

Sleep apnea is a common disorder. Anyone can develop it. "Sleep apnea can occur in both genders, in all races and ethnicities, and in people of all sizes and shapes," says Dr. Michael Twery, a sleep expert at NIH.

The most common type of sleep apnea is called obstructive sleep apnea. Any air that squeezes past a blocked airway can cause loud snoring. When you're awake, the muscles in your throat help keep your airway stiff and open. In adults, the throat muscles and tongue can relax during sleep, or fat tissue in the neck can narrow your airway to cause an obstruction. In children, the airway may become blocked if their tonsils are so large they obstruct the airway opening.

The other type of sleep apnea is central sleep apnea. In central sleep apnea, the brain doesn't send the correct signals to your breathing muscles, so you stop breathing for brief periods.

So how can you tell whether you may have this disorder? One of the most common symptoms is excessive daytime sleepiness. "Anyone who feels so tired on a regular basis that this is a drag on their daytime function – that even if they allow enough time to get enough sleep on a regular basis and they still feel this way – then they need to discuss it with their doctor," Twery says.

Another common symptom is loud, frequent snoring. But not everyone who snores has sleep apnea. Other symptoms of sleep apnea may include feeling irritable or depressed, or having mood swings. You may have memory problems or trouble concentrating. Or, you may wake up with a headache or a dry mouth.

Your doctor can diagnose sleep apnea based on your symptoms, a physical exam, and a sleep study. For a sleep study, your doctor may send you to a sleep lab or provide a portable sleep monitor. Sleep studies record things like heart rate and oxygen level while you sleep.

A sleep study can show whether apnea is mild or severe. "The largest proportion of the population with sleep apnea has mild sleep apnea," Twery explains. "Mild may or may not be associated with any daytime symptoms." People who are so sleepy that they're at risk of a drowsy driving accident are probably in the moderate to severe range.

Doctors may prescribe breathing devices that pump air or mouthpieces that adjust the lower jaw or hold the tongue. Other treatments are available and may be considered with advice from a physician familiar with your health.

Everyone deserves a good night's sleep. For self-care tips for breathing better while you're sleeping, see the "Wise Choices" box. If you feel extremely sleepy during the daytime or your bed partner says that you stop breathing when you're asleep, go talk with your doctor.

[See "Breathe Easy" on the following page...](#)





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Breathe Easy!

Try these tips for improving your breathing when you're asleep:

Avoid alcohol before bedtime and don't take medicines that make you sleepy. They make it harder for your throat to stay open when you're asleep.

Maintain a healthy weight. Extra fat in the walls of your throat can make it narrower.

Sleep on your side instead of your back. This helps keep your throat open.

Ask your physician about medicines. Some medications can help open your nasal passages.

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