

Healthy Vision Association

Health Chronicle



INSIDE THIS ISSUE

5 Top Foods for Eye Health

Annual Meeting Proxy

HVA Optometry Scholarships

Can a Healthy Diet Prevent Cataracts?

HVA Supports Healthy Vision Around the World

5 Top Foods for Eye Health



Do your eyes have all the nutrients they need to help prevent cataracts, macular degeneration, glaucoma and other sight woes? Read on to learn about the top foods for eye health. But don't count on popping a pill to get these nutrients — your best sources of vitamins and antioxidants are from whole foods, since it may be a food's combination of nutrients that have a synergistic healing effect.

Kale: See the Light

This leafy green is a rich source of lutein and zeaxanthin, which are related to vitamin A and beta carotene, and are believed to protect eye tissues from sunlight damage and reduce the risk of cataracts and macular degeneration. Other good sources of these nutrients include dark green leafy vegetables such as collard greens, turnip greens and spinach, broccoli, peas, kiwi, red grapes, yellow squash, oranges, corn, mangoes and honeydew melon. Your body needs fat to absorb lutein and zeaxanthin, so be sure to eat them with a bit of healthy fat such as a drizzle of olive oil or a few slices of avocado. And kale isn't just a one-note food — it contains vitamin C and beta carotene, other eye-friendly nutrients.

Sweet Potatoes: The Color of Health

These orange tubers are a good source of beta carotene, which may slow progress of macular degeneration. Your body converts beta carotene to vitamin A, a nutrient that helps prevent dry eyes and night blindness. Beta carotene and vitamin A also help reduce the risk eye infections. Sweet potatoes not your favorite? For beta carotene, try other deep orange foods, such as carrots and butternut squash, plus dark green foods including spinach and collard greens. Liver, milk and eggs are other great sources of vitamin A.

And, similar to lutein and zeaxanthin, beta carotene and vitamin A are absorbed best when eaten with a little healthy fat such as olive oil.

Strawberries: Help You "C" Better

Fresh, juicy strawberries are a good thing for your eyes, and contain plenty of vitamin C, which is an antioxidant that can help lower your risk of cataracts. Also, be sure to load up your plate with other vitamin C-rich foods including bell peppers, broccoli, citrus (such as orange and grapefruit) and cantaloupe.

Salmon: Goodbye, Dry Eyes

Dry eyes? Eating enough omega-3 fatty acids can help alleviate the problem. Get some healthy fats every day in the form of salmon or other types of fish (two to three times per week), walnuts (which also contain eye-healthy vitamin E), flax and chia seeds. Salmon also is a good source of vitamin D, which helps protect against macular degeneration. You also can get vitamin D by enjoying sardines, mackerel, milk and orange juice fortified with vitamin D.

Green Tea: Antioxidant Powerhouse

A cup of green tea is more than relaxing and delicious — its antioxidants may help lower risk of developing cataracts and macular degeneration. Green tea contains healthful substances called catechins, which are responsible for its anti-inflammatory and antioxidant properties. Other foods that are high in catechins include red wine, chocolate, berries and apples. Black tea also boasts catechins, but in lower amounts than its green cousin.

Article reprinted from www.eatright.org

Reviewed by Taylor Wolfram, MS, RDN, LDN

Published May 11, 2018

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 Thursday, October 11, 2018 at 2:00 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 October 11, 2018 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, Beth Petti, 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: _____, 2018.

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

September 5, 2018

Date

Nominate your favorite vision charity for an HVA sponsorship!

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 sponsorship 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 sponsorship

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

Name of organization: _____

Website address or phone number: _____

Your (HVA member's) name: _____

Your email or phone number: _____

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

Can a Healthy Diet Prevent Cataracts?

A healthy diet that provides good nutrition for healthy eyes includes five to nine servings of fruits and vegetables every day, at least three servings of 100 percent whole grains each day and two servings of fish each week.

Age-related cataract is a leading cause of blindness in the world today. Currently, the only treatment for cataracts is surgical removal of the cloudy lens, which typically is then replaced with an intraocular lens (IOL) during the cataract surgery.

While the exact cause of cataracts is unknown, experts believe that oxidative stress damages certain enzymes and proteins in the eye's natural lens, which causes the lens to become cloudy.

And though some research has produced conflicting results, eating a healthy diet rich in antioxidants and certain vitamins has been shown in several studies to be associated with a reduced risk of cataracts or their progression.

Diet, Oxidative Stress And Cataracts

Oxidative stress results when there is an imbalance between damaging free radicals roaming the body and the antioxidants that keep them in check. Free radicals are atoms or groups of atoms (molecules) that are highly reactive with other atoms and molecules because they have unpaired electrons.

In the body, a free radical usually is an oxygen molecule that self-stabilizes by taking an electron from another molecule, which in turn tries to take an electron from another molecule, and so on.

Free radicals damage the body by stealing electrons from the normally healthy cells of organs and other tissues. This process of stealing electrons from healthy cells is called oxidation.

In the eye, oxidation affects proteins and fats in the lens to the extent that the lens becomes damaged and cloudy, creating a cataract. Preventing free radical damage with healthy foods, particularly those containing antioxidants, may help slow down this process.

Free radicals that damage our eyes and the rest of the body may originate from eating unhealthy foods, exposure to pollution or chemicals, smoking and ultraviolet radiation. Some free radicals occur from normal daily metabolism, which means even people who don't have these risk factors need antioxidants found in healthy foods.

Healthy Foods And Cataract Prevention

People who consistently follow a healthy diet that includes colorful fruits, vegetables and whole grains may show a decreased risk of cataracts. Antioxidant vitamins and phytochemicals found in fruits and vegetables that may reduce the risk of cataracts include vitamins A, C and E, lutein and zeaxanthin.

Consumption of fish, which is high in omega-3 fatty acids, also has been linked to potentially

reduced risk of cataracts or their progression.

However, other studies have failed to show an association between nutritional supplements and reduced risk of cataracts. In two long-term Age-Related Eye Disease studies (AREDS and AREDS2) sponsored by the National Eye Institute, neither study found use of daily multi-vitamin supplements containing vitamin C, vitamin E and zinc (with or without beta-carotene, lutein and zeaxanthin, and omega-3 fatty acids) prevented or slowed the progression of cataracts.

And while all nutrients, antioxidants and phytochemicals associated with cataract prevention in studies can be found in eye vitamins and vision supplements, many experts believe these substances should be acquired from a healthy diet rather than from nutritional supplements.



But if you are like most Americans, it's likely that your diet lacks key nutrients because you're not eating enough fruits and vegetables. Therefore, it's wise to consider taking one or more daily nutritional supplements to make sure you are getting all the nutrients you need for optimum eye health.

Prior to embarking on a regimen of eye vitamins and other nutritional supplements, consult your optometrist or ophthalmologist. In some cases, taking too much of a specific vitamin or nutrient could be harmful to your health.

Shape Up Your Diet For Good Vision

So exactly what is a healthy diet?

A healthy diet that provides good nutrition for healthy eyes includes five to nine servings of fruits and vegetables every day, at least three servings of 100 percent whole grains each day and two servings of fish each week. The total calories consumed should be just enough to keep you at a healthy weight, based on your individual activity level and metabolism.

Dark green and colorful fruits and vegetables are great sources of eye-friendly antioxidants. They also contain folic acid and calcium — important nutrients which also may help reduce the

risk of cataracts and should be included in a healthy diet.

To maintain a healthy diet, it is equally important to avoid fried foods, processed foods and sugary snacks and soft drinks — all of which appear to be associated with an increased risk of cataracts, as well as obesity and other health problems.

Reducing sodium in your diet also is a good idea, as researchers at the University of Sydney (Australia) have found evidence that high salt intake may increase your risk for cataracts.

Giving up greasy fast food, chips, sugary snacks and soft drinks may not be easy. But it's worth it. Once you get used to eating delicious fruits and vegetables, fresh fish and other healthy foods, you won't miss junk foods. And your reward just might be both a healthy body and a lifetime of good vision.

Shield Your Eyes From UV

When taking steps to reduce your risk of cataracts, it's important to know that dietary modifications alone aren't enough. It's also important to shield your eyes from the primary source of harmful UV radiation: the sun.

In addition to wearing a wide-brimmed hat that shades your eyes from direct sunlight, consider these UV-protective

eyewear choices:

- **Polarized sunglasses.** Polarized sunglasses provide 100 percent UV protection and are available in a wide variety of colors and shades.
- **Photochromic lenses.** Transitions-brand lenses and other photochromic lenses are clear indoors, darken automatically in sunlight, and provide 100 percent UV protection at all times.
- **UV-blocking contact lenses.** Many soft contact lenses provide at least partial protection against UV rays entering the back of your eyes. But UV-blocking contacts should be considered only supplemental defense against UV rays because they protect only the area of your eye covered by the lens. (They don't protect the conjunctiva, sclera or the eyelids from UV damage like sunglasses or photochromic lenses do.)

For the best choices in frame styles for UV-protective eyewear, ask your optician for guidance.

Article reprinted from www.allaboutvision.com

By Shereen Jegtvig, Certified Nutrition Specialist (CNS); reviewed by Gary Heiting, OD



HVA SUPPORTS HEALTHY VISION AROUND THE WORLD

Every year, Healthy Vision Association sponsors a variety of charitable organizations. Here is a list of the organizations we currently, and are continuing to, sponsor.

- **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.c cvi.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.kidsvisionforlifestlouis.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**

HVA is very fortunate to have an extremely impressive board of directors. Their real world success and experience and their overall commitment and care have been pivotal to the growth and success of HVA. Please feel free to visit the membership site for more information on the individuals that make up the board of the Healthy Vision Association.



**Membership Services Office
16476 Wild Horse Creek Rd
Chesterfield, MO 63017**

The HVA Health Chronicle is published by:
Healthy Vision Association

For information regarding your membership
and association services, call or write:

**Membership Services Office
Healthy Vision Association
16476 Wild Horse Creek Road
Chesterfield, MO 63017**

1-800-992-8044 or (636) 530-7200

Articles in this newsletter are meant to be informative, enlightening, and helpful to you. While all information contained herein is meant to be completely factual, it is always subject to change.

Articles are not intended to provide medical advice, diagnosis or treatment.

Consult your doctor before starting
any exercise program.

