



RITA'S CARE AT HOME LLC

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Middle Tennessee • 2021 Richard Jones Rd., Suite 110, Nashville, TN 37215 • (615) 298-3826

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



Yaroslav Astakhov / AdobeStock

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. •

Courtesy of the *NIH News In Health*.

WEIRD JANUARY HOLIDAYS

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| Jan 1- Polar Bear Plunge Day | Jan 18- Thesaurus Day |
| Jan 2- Buffet Day | Jan 19- Tin Can Day |
| Jan 3- Fruitcake Toss Day | Jan 20- Penguin Awareness Day |
| Jan 5- Bird Day | Jan 21- Squirrel Appreciation Day |
| Jan 6- Bean Day | Jan 22- Answer Your Cat's Questions Day |
| Jan 7- Old Rock Day | Jan 24- Compliment Day |
| Jan 9- Static Electricity Day | Jan 26- Spouse's Day |
| Jan 10- Clean Off Your Desk Day | Jan 27- Chocolate Cake Day |
| Jan 11- Learn Your Name in Morse Code Day | Jan 29- Puzzle Day |
| Jan 15- Strawberry Ice Cream Day | Jan 30- Croissant Day |
| Jan 16- Nothing Day | Jan 31- Backwards Day |



Did you know?
You can call us any time-
24 hours a day, 7 days a week!



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