

January is glaucoma awareness month, pressure in eye can go unnoticed

By Sharon L. Mason, CHAI

Glaucoma refers to a category of eye disorders often associated with a dangerous buildup of internal eye pressure (intraocular pressure or IOP), which can damage the eye's optic nerve that transmits visual information to the brain.

Did you know that glaucoma is called the "silent thief of night," approximately 2.5 million Americans are estimated to have this eye disease and it's the second-leading cause of blindness?

Most types of this disease cause no pain and produce no symptoms until noticeable vision loss occurs. If treatment is not started and the patient does not keep using the medicine prescribed, permanent damage to the optic nerve continues and vision loss increases.

When acute angle-closure glaucoma symptoms occur suddenly, a person could experience blurry vision, halos around lights, intense eye pain, dilated pupils, red eyes, nausea and vomiting. If you experience any of these symptoms, be sure to make an eye appointment or go to the emergency room.

These symptoms could last for a few hours, then return again for another round. Each attack takes with it a part of your field of vision.

The two major types of glaucoma are chronic or primary open-angle glaucoma (POAG) and acute angle-closure glaucoma. The "angle" in both cases refers to the drainage angle inside the eye that controls aqueous (watery) outflow. Other types include normal-tension glaucoma, pigmentary glaucoma, secondary glaucoma and congenital glaucoma.

Types of glaucoma

Primary open-angle glaucoma (POAG): This common type of glaucoma gradually reduces your peripheral vision without other symptoms. By the time the reduction in side vision is noticed, the permanent damage already has started.

If your intraocular pressure remains high, the damage caused by POAG can progress until tunnel vision develops and you will be able to see only objects that are straight ahead.

Angle-closure glaucoma: See above.

Normal-tension glaucoma (also called normal-pressure glaucoma, low-tension glaucoma or low-pressure glaucoma): This is an open-angle type of glaucoma that can cause visual field loss from optic nerve damage. IOP (intraocular pressure) remains in the normal range.

Also, pain is unlikely and permanent damage to the eye's optic nerve may not be noticed until symptoms such as tunnel vision occur. Many doctors believe it's related to poor blood flow to the optic nerve.

Pigmentary glaucoma: This rare form of glaucoma is caused by pigment deposited from the iris that clogs the drainage angle, preventing aqueous humor (a clear fluid between the cornea and lens) from leaving the eye. There are no noticeable symptoms but after exercising, there may be some pain and blurry vision. White males in their mid-30s to mid-40s are most affected.

Secondary glaucoma: Symptoms of chronic glaucoma following an eye injury could indicate secondary glaucoma, which also might develop with the presence of an eye infection, inflammation, a tumor or an enlarged cataract.

Congenital glaucoma: This is an inherited form of glaucoma and is present at birth, with 80 percent of cases diag-

nosed by age 1. These children are born with narrow angles or some other defect in the drainage system of the eye. If you notice a cloudy, white, hazy, enlarged or protruding eye in your child, consult your eye doctor. This type of glaucoma typically occurs more in boys than girls.

Treatment can involve glaucoma surgery, lasers or medication, depending on the severity. Eye drops that lessen the pressure in the eye are the first course of treatment.

People often are in non-compliance with applying the eye drops because there is usually no pain and patients tend to forget. If this forgetting becomes a problem, blindness can occur. So please, use medications as instructed.

If you find that the eye medication causes pain or is uncomfortable, don't quit using it. Call your eye doctor and see if he or she can prescribe something else. Be ready to tell the doctor what kind of symptoms you are experiencing and how long they last.

Missing Moccasins

Bekki		AHRENS	Kristine	Marie	MCCORD
Andrew	Michael	ARDEN	Jason	Henry	MCKNIGHT
Anthony	James	ARRINGTON	Melvin	Francis	MCKNIGHT
Haley	Marie	ARRINGTON	Tommy	Lee	MULLINGS
Naulena	Anita	ARTIAGO	Jacquelin	Marie	NAVARRO
Darrel	David	ASHLEY	Austin	Drew	PALOMO
Kyle	Carl	BEALS	Karen	Mary	PARKER
Desteny	Rose	BECK	Derek	David	PEARSON
Kimberly	Ann	BLACK	Tiernan	Rhyse	PETTIT
Gilbert	James	BLACKETER	Aundrea	Jean	PIRTLE
Jesse	Lee	BLACKETER	William		PIZANO
Jonathan	William	BLALOCK	Bradford	Robert	PRATHER
Jessica	Michelle	BROWN	Aaron	Eugene	PRESCOTT
Abel	Jay	CABA	Ada	Nancy Lee	RAY
Arthur	Griffin	CABA	Charles	Eugene	RICHARDSON
Ethan	James	CAMPBELL	Robert	Carl	RICHARDSON
Dennis	Adlem	CAREY	Brandy	Joleen	RIFE
Henry, JR	Luther	COLE	Frank	Lynn	RILATOS
Bryon	Michael	CRONIN	Roberta	Pauline	RUSSELL
Lars	Victor	EKSTROM	Wesley	Roman	SCOTT
Vicki	Marie	EKSTROM	Diane	Lee	SERVICE
Kevin	Ray Paul	FIELDER	Ulysses		SIMMONS
Sharlene	Marie	FISHER	Paul	Garrett	SIMMS
Eyan	Scott	FISHER-MURPHY	Starr	Redlighting	STRONG
Jeremiah	Logan	FLANARY	Daniel, JR	Raymond	SULLIVAN
Marcello	Riley	GAYTON	Derek	James	SULLIVAN
Bruce, III	William	GORR	Devin	Michael	SULLIVAN
Mackenzie	Lilly	HANEY	Nawitka	Chee-Chako	TAYLOR
Todd	Michael	HOINESS	Sharon	Lavonne	TRIBBLE
Clifton	Lawrence	KLAMATH	Alicia	Joy	UNGER
Casinda	Mae	LANE	Rachael	Faith	UNGER
Julie	Ann	LOGAN	Daniel	James	WARREN
Rachael	Angelique	LONG	Ayana		WHEELER
Kadan	Jay	LUCAS	Charles	Arthur	WILCOX
Ramona	Lynette	LULEDJIAN	Daniel	Fayne	WILCOX
Keanna	Jolynn	MASON	Derreck	Joseph	WILLIAMS
Tad	S.	MASON	Natane	Aiyana	WOOSLEY
Roman	Meril	McCARTY	Chad	Everett	ZIGLER

If you or anyone you know is on this list, please contact Loraine Butler in the Enrollment Department at 800-922-1399, ext. 1258, or 541-444-8258; or e-mail loraineb@ctsi.nsn.us. Or you can contact Angela Martin at 800-922-1399, ext. 1292 or 541-444-8292; or e-mail angelam@ctsi.nsn.us

January USDA distribution dates

Siletz

Monday, Jan. 3	9 a.m. - 3 p.m.
Tuesday, Jan. 4	9 a.m. - 3 p.m.
Wednesday, Jan. 5	9 a.m. - 3 p.m.
Thursday, Jan. 6	9 a.m. - 3 p.m.
Friday, Jan. 7	9 a.m. - 3 p.m.

Salem

Monday, Jan. 17	Holiday
Tuesday, Jan. 18	1:30 p.m. - 7 p.m.
Wednesday, Jan. 19	9 a.m. - 7 p.m.
Thursday, Jan. 20	9 a.m. - 2:30 p.m.

Tater Tot Casserole

Ingredients

2 lbs of ground beef
2 cans cream of mushroom soup
1 bag of tater tots
2 cups shredded cheese

Preparation

Brown hamburger meat. Add cream of mushroom soup and stir together continuously.

Simmer on low heat for 15 minutes. Place mixture in the bottom of a casserole dish. Lay tater tots neatly on top of mixture. Place in oven at 350° and let the tater tots brown. Sprinkle with cheese, melt it in the oven and enjoy.

Prep time: 5 minutes
Cook time: 35 minutes
Total time: 40 minutes
Serves: 6-7

Election Deadlines

Jan. 4, 2011	Certified Candidates List will be posted by this date
Week of Jan. 10-14, 2011	Absentee ballots mailed out
9 a.m. - 1 p.m.	Jan. 8, 2011 Candidates Fair at Chinook Winds
4 p.m.	Jan. 28, 2011 Deadline to request a mail-in ballot
10 a.m. - 4 p.m.	Feb. 5, 2011 In-person voting - Tribal Elections, Tribal Community Center, Siletz
4 p.m.	Feb. 5, 2011 Deadline for returning absentee ballots

2011 Election Board

Kelley Ellis, Chairman
Sharmon Cook-Wright
Rebekah Goulet
Marci Garrett, Alternate

Siletz Election Board
P.O. Box 490
Siletz, OR 97380

Contact Information: 800-922-1399, ext. 1256 or 541-444-8256
elections@ctsi.nsn.us