

News from the IHS Health & Wellness Center: Optometry department



by Dr. Corey,
WS Health & Wellness
Center Optometry
Ultraviolet Light and Your
Eyes

Ultraviolet (UV) light is made up of invisible light from the sun. More than 99% of UV light is absorbed by the very front structures of the eye, although some of it does reach the light-sensitive retina. The UV light present in sunlight is not useful for vision. There are good scientific reasons to be concerned that UV absorption by the eye may contribute to age-related changes in the eye and a number of serious eye diseases. Protection can be achieved by simple, safe, and inexpensive methods such as wearing a brimmed hat and using eyewear that absorbs UV light.

Sunlight-related eye diseases

Ultraviolet light can play a contributory role in the development of various ocular disorders including age-related cataract, pterygium, cancer of the skin around the eye, photokeratitis and corneal changes, and may contribute to age-related macular degeneration.

Cataract is a major cause of visual impairment and blindness worldwide. Cataracts are a cloudiness of the lens inside the eye, which occurs over a period of many years. Laboratory studies have implicated excessive UV exposure as a causal factor for cataract. Furthermore, studies have shown that certain types of cataract are associated with a history of higher exposure to UV.

Age-related macular degeneration is the major cause of reduced vision in the United States for people over age 55. Exposure to UV and intense violet/blue visible light is damaging to retinal tissue in laboratory experiments, thus scientists have speculated that chronic UV or intense violet/blue light exposure may contribute to aging processes in the retina.

Pterygium is a growth of tissue on the white of the eye that may extend onto the clear cornea where it can block vision. It is seen most com-

monly in people who work outdoors in the sun and wind, and its prevalence is related to the amount of UV exposure. It can be removed surgically, but often recurs, and can cause cosmetic concerns and visual loss if untreated.

Excessive UV exposure is well known to predispose one to skin cancer, which includes the eyelids and facial skin.

Photokeratitis is essentially a reversible sunburn of the cornea resulting from excessive UV exposure. It occurs when someone spends long hours on the beach or snow without eye protection. It can be extremely painful for 1-2 days and can result in temporary loss of vision. There is some indication that long term exposure to UV light can result in corneal degenerative changes.

Who is at risk? Everyone is at risk. No one is immune to sunlight-related eye disorders. Every person in every ethnic group in developed and developing nations alike is susceptible to ocular damage from UV light that can lead to impaired vision.

What factors increase the risk?

Any factor that increases sunlight

exposure of the eyes will increase the risk for ocular damage from UV. Individuals whose work or recreation involves lengthy exposure to sunlight are at greatest risk.

Since UV is reflected off surfaces such as snow, water and white sand, the risk is particularly high on the beach, while boating or at the ski slopes. The risk is greatest during the mid-day hours, from 10 AM to 3 PM, and during summer months. Ultraviolet levels increase nearer the equator, so residents in the southern U.S. are at greater risk. UV levels are also greater at high altitudes.

Since the human lens absorbs UV, individuals who have had cataract surgery are at increased risk of retinal injury from sunlight unless an UV absorbing intraocular lens was inserted at the time of surgery. Individuals with retinal dystrophies or other chronic retinal diseases may be at greater risk since their retinas may be less resilient to normal exposure levels.

Are children at risk?

Children are not immune to the risk of ocular damage from UV. They typically spend more time outdoors in the sunlight than adults. Solar ra-

diation damage to the eye may be cumulative and may increase the risk of developing an ocular disorder later in life. It is prudent to protect the eyes of children against UV by wearing a brimmed hat or cap and sunglasses. Sunglasses for children should have lenses made of plastic rather than glass for added impact protection.

How can the eyes be protected from UV light?

Ultraviolet light reaches the eye not only from the sky above but also by reflection from the ground, especially water, snow, sand and other bright surfaces. Protection from sunlight can be obtained by using both a brimmed hat or cap and UV absorbing eyewear. A wide-brimmed hat or cap will block roughly 50% of the UV light and reduces UV that may enter above or around the glasses. Ultraviolet absorbing eyewear provides the greatest measure of UV protection, particularly if it has a wraparound design to limit the entry of peripheral light.

Ideally, all types of eyewear including prescription spectacles, contact lenses and intraocular lens implants should absorb the entire UV

spectrum. UV absorption can be incorporated into nearly all optical materials currently in use, is inexpensive, and does not interfere with vision. The degree of UV protection is not related to price. Polarization or photosensitive darkening are additional sunglass features that are useful for certain visual situations, but do not, by themselves, provide UV protection.

For outdoor use in the bright sun, sunglasses that absorb 99-100% of the full UV spectrum are recommended. Such lenses should not be so colored as to affect recognition of traffic signals. Light intensity should be reduced to a comfortable level to eliminate glare and squinting. Individuals who also wear clear prescription eye wear outdoors should consider using lenses which absorb 99-100% of UV light.

There is presently no uniform labeling of sunglasses that provides adequate information to the consumer. Labels should be examined carefully to insure that the lenses purchased absorb at least 99-100% of UV light. Consumers are advised to be wary of claims that sunglasses "block harmful UV" without saying how much.

Memorial and name giving set for October 29, 30, 1999

Family and friends of Bernice (Buns) Colwash are having her memorial and dinner at Celilo at 10 a.m. on October 29. Everyone is welcome to attend.

Begay Namegiving

An Indian name will be given to Dillon Xaslu Begay at Celilo Longhouse, Celilo, OR on October 30, beginning at 9 a.m.

We are inviting his relatives and friends from Yakama, Warm Springs and Umatilla reservations to come and witness this event.

He is the son of Roger "Rod" Begay and Cecelia "Cece" Walsey-Begay of Celilo, OR.

Dillon is the grandson of Roger and Lucille (Jim) Begay; Richard Walsey Sr. and the late Anita Totus

Walsey.

His Great-grandparents are Howard Jim and the late Maggie Waters Jim; Doyalitee Begay and the late Christine Kascoli Begay; the late James Walsey and the late Gladys Polk Walsey; and the Great-Great-grandparents are the late Watson and Tilda (Onepennee) Totus.

One year older already

I want to wish and hope my two sons, Floyd Jr. and Avery Frank's grandpa Cool-Guy Frank will have a wonderful birthday this year on October 11th.

Happy Birthday Cool-Guy Frank! That's really Elvis Frank
Evette Patt



Happy Birthday Leanna Boise
We love you!
Dad, Mom, George, Tonya, Jackson

Member shares learning experiences

To the editor,

Hello, It's me Miss Evette Patt again. I wanted to write one more thing for WS Spilyay Tymoo again. I want to let you all know that I moved for the 8th time down this way in the Duck City Eugene.

Eugene is such a great and fabulous city. You just should have webbed feet though I think. I'm now back in the low-income apartments that is only for brain-injured folks only. I love it, it's great.

Bob Zennuche is the name of the apartment's life skills class to us brain-injured folks. Bob Zennuche is really a cool dude.

I've learned a lot about how to

deal with life. With the kind of brain injury I'm told I have. And I really thank Mr. Bob Zennuche for it all! He is a pretty cool dude!

We have talked about research, being adaptive, stress and conflict relationships and many more in the life skills class Mr. Bob Zennuche has instructed, down this way in the duck city, Eugene Quack, Quack!

As I have learned from Bob Zennuche, we should all just should "Keep on Keeping on! That's life out there, with no crutches or excuses! I know you know you're cool Mr. Bob Zennuche.

Evette Patt

Deschutes Basin Work
Group Meeting
October 14, 1999
@ 9 a.m.
USDA Service Center
Conference Room
2325 River Road in
The Dalles, Oregon

Happy birthday
Jacob B. Whiteplume
October 6, 1969
Lotsa love,
Annie, Faron, Adam
Lil Adam, Tatum, Scott, Levi

Mommy,
I love you very much
Always your sweetheart
Theyliah Vernaya Tonika Henry

Tiffiney
Your in my prayers & thoughts.
Take care & remember
I love you.
My heart to yours.
Mom

Nana
Happy Birthday
Love,
Trevren D. Yazzie

Nana Tiffiney
We love you.
Always,
Jeremiah & Paul

Tiffiney,
We love you very much.
Love,
Grandma & John Smartlowit

Tiffiney
Happy Birthday
Chris, Trish & Amanda

Happy 9th Birthday
Farrellyn Danell Bellanger
October 9, 1990
Lotsa love,
Mom & Dad

Happy 9th Birthday
Farrellyn Danell Bellanger
October 9, 1990
Lotsa love,
Whiteplumes

Happy 1st Birthday
Garrison & Autumn Johnson
October 9, 1998
Lotsa love,
Uncle Tiny & Auntie Lovey

Happy 1st Birthday
Garrison & Autumn Johnson
October 9, 1998
Lotsa love,
Grandma Millie, BJ, Liya,

Across the miles
in Marysville, WA
Happy Birthday PA! October 6.
Hope your day was good.
Thank you for all your prayers
and we love you!
Your kids in Warm Springs, OR

Happy Birthday
OE Colwash
October 6, 1969
Lotsa love,
Tiny, Lovey, Farrellyn
Laurissa, & Angela
Cedrick, & Delmer

Happy Birthday
Jacob B. Whiteplume
October 6, 1969
Lotsa love,
Tiny, Lovey, Farrellyn
Laurissa, & Angela

Happy 9th Birthday
Laurissa Elsie Bellanger
October 9, 1990
Lotsa love,
Mom & Dad



Happy Birthday Mom
September 26
Love, grandkids, Carol
& Daniel



Happy Birthday
Mom Rose
I would like to say thank you
for everything you do.
It means so much to us.
We love & care about you alot.
Always,
Arnetta, Martika & Jerry S.

Mandated seatbelts should not be a cultural, racial or political issue

To the editor,

Dear People of Warm Springs, Compassion unto those whose sorrow is great. Empathy unto those who are yet to experience great sorrow. Pity unto those who fail to summon the resources so that losses may cease.

I wish that this was a revered Native American saying. I wish that preservation of life, with emphasis on prevention and controlling one's destiny, was regarded as an ultimate responsibility.

My concern is with the lack of enforced safety measures on the reservation. Your lack of laws that require the use of seat belts and infant seats is costing you the lives of your loved ones.

Your sovereignty is certainly a treasure. It allows for your uniqueness and your ability to control your own

destiny. It should not stand in the way, however, of abiding by and utilizing laws that are good for all of mankind.

One can certainly acquire a fatalistic mentality and accept loss and bad outcomes as a way of life. With the disheartening number of untimely deaths on the reservation an almost passive acceptance prevails.

What people may not realize is that definite strides have been made in very important areas. Infant death rates and premature deaths from medical problems are moving in a favorable direction. There can be hope when efforts are made and life styles alter.

Unfortunately deaths and physical disability from motor vehicles and substance abuse continue to mount

and tear at the heart and morale of those who love and care.

Nobody can contest the protection granted by protective restraints. Statistics demonstrating death and injury reduction are overwhelming. Trauma care personnel are overwhelmed and frustrated as unrestrained victims are sent to the morgue or spinal centers while belted occupants walk away with scrapes and bruises.

Each unnecessary tragic accident drives us deeper into despair. The tragic death of Tony Stacona was an excruciating experience. Tony had so many gifts, such as boundless potential. A simple cloth restraint could have made a major difference.

We dislike having rules and regulations imposed on our freedoms and individual rights. But when so

much is at stake, when so much heartache and sorrow is experienced by those left behind, and when infants and children are not restrained and kept out of harm's way, then the cry for sovereign rights and freedom rings hollow.

Mandated seat belts and car seats should not be a cultural, racial, or political issue. It is a safety issue for all of humanity. Certainly, it takes an increased budget to put teeth in the system with enhanced enforcement and judicial issues. But it is a most worthy investment. Keep the hearts of potential victims beating, keep our own hearts from aching, change despair into hope. Move forward, responsibly, to preserve and protect your people.

Because we all care.
Bud Beamer

U-pick to open October 9

The Rafter V/Double D Ranch, operated by Mike and Diann Duggan, announced the availability of U-Pick Pumpkins at their Terrebonne Pumpkin field.

The field will open for pumpkin hunters on October 9th and run every weekend through October 30th, 1999. It will be open 9 a.m. to 4 p.m. on Saturdays and 10 a.m. to 3 p.m. on Sundays. The ranch is located at 3836 NE Smith Rock Way. Besides pumpkins the ranch will also host a hay maze, petting zoo and cornsalks for decorating.

The field will also be available for group tours on Monday through Friday, October 11th through the 15th, 18th through 22nd and 25th through

the 29th, 1999. The tours will be offered at 9 & 11 a.m. and 1 p.m. with one group per time slot by reservation only.

"U-Pick Pumpkins are a relatively new experience in Central Oregon," stated Mike Duggan. "With a long history of pumpkin fields in western Oregon, we are hoping to bring that same fun to this area. Interested parties simply need to follow the signs from the O'Neal Junction."

For more information please visit our ranch web site at <http://users.bendnet.com/ddranch>. For additional information call the ranch at 541-548-1432 or contact Rex and Heidi Davis at 541-923-6725.

Daughter shares "The Journey" with dad

To the editor,

Dedicated to: My Dad "Truman Lumpmouth Sr."

"The Journey"
As you walk the distance of eternal life, you shall not fear no evil. Each step forward is taking you to a serene destination.

At first I felt angry that you had to make this journey. I spoke to our Creator, our Heavenly Father the best way understood.

My heart had to let go of the anger and replace it with understanding and gratitude. Understanding only because I now know this journey is not going to be the end.

Grateful only because our Heavenly Father guarantees you a life of joy and happiness, no more pain, sorrow or suffering.

Yes, Dad, my heart was aching of anger and much sadness, but as the journey nears the destination of our Heavenly Father's will, I try not to weep.

I know he will never leave your side. Dad, I can see things (you) more clearly now. I can feel the peace in your heart, soul, mind and body. I see the calmness.

I try not to weep and be strength for all involved, but I cried tears of sorrow at the thought of you leaving this world of loved ones.

Dad, I weep no longer, why? Be-

cause my Heavenly Father guaranteed me that you will not be lonely, he will be with you and we will see each other again in heaven.

I believe now that, the end of one's journey does not end our associations with one another. We will be together again.

Dad, we must believe in our hearts that all of our loved ones will know that there is a Heavenly Father greater than themselves.

God does guarantee an everlasting

life of true peace and harmony if we only believe in him and within.

Remember that we all must make this journey; a time and place is set already. Dad, I thank you for letting me know about the Heavenly Father.

May God be with all of y'all, many, many ah-ho's (thank yous). Dad, I love you very much you are never alone.

Love your daughter,
Francelia Miriam Tia Marie
Lumpmouth Wheeler

Member seeking employment

To the editor,

I am writing this letter in hopes you'll print it for me in the next issue of the newspaper as follows.

Hello, my name is Joseph Craig and I am looking for work. For starters I can cook, clean, stock shelves and familiar with cashier registers. I'm also familiar with mill work, fencing, clearcutting, groundskeeping, Janitorial work and basic general labor.

My main field of expertise is in cooking, breakfasts, lunches, dinners, shortorders, pizza's, meat, pies, soups etc... I also dishwash.

Unfortunately due to extenuating circumstances, I'm paying a debt to society (in jail). I'm doing 2 years 7 months and 25 days, and have nothing but time on my hands.

I'm willing and able to work, clean and sober and can make it every day on time and fill in. I also work weekends and holidays.

To potential employers I need a letter of hiring, days, hours of week and 1 to 2 days prep to fill out work release for approval through Parole Probation department and Tribal Court.

For referrals you can contact Bob Whittenburge at jail.

I feel I can do whatever is given to me, I'm movey motivated, follow directions and punctual and reliable. Transportation no problem.

Sincerely,
Joseph Craig
P.S. I can be reached at the Tribal Jail, at PO Box C; WSO 97761 (541) 553-3309.