



HEALTH & WELLNESS NEWS

Health & Wellness Center Closures for July

- Friday, July 1 – 1 to 5 p.m.
- Monday, July 4 – All day (Independence Day)

What are cataracts?



A cataract is a cloudiness of the lens in your eye that prevents light from passing to the retina, which can impair your vision. Cataracts sometimes remain small and unnoticeable. But with more developed cataracts, it's like constantly viewing the world through a foggy window.

Cataracts Are Natural

Cataracts form naturally as you age. When dead cells shed from your lens, they gather in the lens and form clouded spots. Since new lens cells form on the outside of the lens, all of the older cells are compacted into the center of the lens, resulting in a cataract.

Surgery is the only way to remove cataracts and restore your vision. Cataract surgery is one of the most commonly performed surgical procedures in the United States. It is also one of the most successful. More than 95 percent of cataract surgeries result in improved vision. However, like any surgery, there can be complications that can be severe or sight threatening. Your chance of developing complications is greater if you have another eye disease or serious medical condition. Complications can usually be successfully treated, but it's important to discuss your medical history with your eye care professional before making the decision to have cataract surgery.

Types of Cataracts

There are three common types of age-related cataracts. Anyone is susceptible to any type, or combination of types, as they age.

Nuclear Cataracts: These are by far the most common type of cataract. The cells that your eyes' lenses shed throughout your lifetime can't be lost into the air. Instead, they gather in the center, or nucleus, of the lens. This causes the lens to thicken and yellow, creating an opaque cloudiness that steadily worsens over time.

Posterior Subcapsular Cataracts: This type of cataract forms beneath the lens capsule, a small membrane that holds the lens in place. They can develop rapidly and worsen significantly within a matter of months. People taking high doses of steroid medications have a greater risk of developing this type of cataract.

Cortical Cataract: This type of cataract develops in the lens cortex, the outside edge of the lens. Changes in the water content of the lens fibers create fissures that look like the spokes of a wheel growing in from the edge of your eye. As the cataract develops, white streaks grow toward the center of the lens and scatter light that passes through to the retina.

Delaying Cataract Formation

There are other factors that come into play in cataract formation. UV exposure, smoking and medications, such as steroids, can contribute in hastening the development of cataracts. Although there is no way of completely preventing cataracts from forming, using UV protective sunglasses when you're outside, quitting smoking and proper follow-ups with your medical and eye care provider when taking certain medications can help to delay cataract formation.

Diagnosing Cataracts

Because cataracts can deteriorate your vision slowly over the years, you may not notice the effect they have on your daily activities. Fortunately, your eye care professional can help you detect cataracts early through standard eye and retinal examinations.

The Importance of Eye Exams

After a standard vision test, your eye care professional will typically dilate your pupil to examine the lens and other parts of your eye. These annual eye exams are especially important as you age so that you can diagnose cataracts as they start developing and respond accordingly. It is important to make sure your glasses or contact lenses are strong enough to compensate for your decreased vision. As your cataracts develop, you can discuss with your eye care doctor whether surgery would be beneficial.

Call the Grand Ronde Health & Wellness Center to schedule your comprehensive eye examination at 503-879-2096 or 1-800-775-0095.

Men's Health Awareness

The leading causes of death for all age groups for males and females are shown below. However, the leading cause of death for males from birth through age 44 and females from birth through age 34 is unintentional injuries; the percentages are higher for males at almost every age.

Unintentional injury deaths include car accidents, drug overdoses, falls, fires, poisonings, drowning and other causes of accidental death. Suicide and homicide are also among the leading causes of death for younger males.

Males		Females	
Cause	%	Cause	%
1 Heart disease	24.6	1 Heart disease	22.4
2 Cancer	23.5	2 Cancer	21.5
3 Unintentional injuries	6.3	3 Chronic lower respiratory diseases	6.1
4 Chronic lower respiratory diseases	5.4	4 Stroke	5.8
5 Stroke	4.1	5 Alzheimer's disease	4.6
6 Diabetes	3.1	6 Unintentional injuries	3.8
7 Suicide	2.5	7 Diabetes	2.8
8 Influenza and pneumonia	2.1	8 Influenza and pneumonia	2.3
9 Alzheimer's disease	2.0	9 Kidney disease	1.8
10 Chronic liver disease	1.8	10 Septicemia	1.6

The Centers for Disease Control and Prevention has the following suggestions on its National Men's Health Week page.

- o Get good sleep;
- o Toss out the tobacco;
- o Move more;
- o Eat healthy;
- o Tame stress;
- o Stay on top of your game (preventive care, symptoms to watch for, keep track of your numbers).

To schedule a wellness exam, call the Grand Ronde Health & Wellness at 503-879-5086 or 1-800-775-0095.

Grand Ronde Health & Wellness Center Lab/X-ray hours

Monday, Tuesday, Wednesday & Friday:
8:30 a.m. to 5:15 p.m. – closed 12:30-1:30 p.m.
Thursday: 9:30 a.m. to 5:15 p.m. – closed 12:30-1:30 p.m.

Grand Ronde Health & Wellness Pharmacy

Please be advised for:

Refill Requests

In order to best serve you, please note the following time requirements for refill requests:

(Valid) Refills remaining – 48-72 hours

No refills remaining – up to 7 days*

*this allows us time to coordinate and correct any needs that may exist for your refill

PLEASE LET US KNOW IF YOU WILL BE OUT BEFORE THIS TIME FRAME ON A MAINTENANCE MEDICATION SO THAT WE CAN BEST ACCOMMODATE YOUR NEEDS.

Thank you for allowing us to serve your prescriptions needs.

Sincerely,
Your Pharmacy staff