

A monthly wellness newsletter from Better You

The sneaky eye disease: glaucoma 101

More than 4 million Americans are living with glaucoma, a serious eye disease that can cause blindness. And many don't even know they have it until they start losing their vision.

Glaucoma is a group of eye diseases that can damage the optic nerve, which is like a superhighway for visual information in the back of your eye. When this nerve gets damaged, it can cause vision loss and even blindness. The most common type of glaucoma is called primary open-angle glaucoma.

The early warning sign

The first symptom is often a loss of side vision, also called peripheral vision. It's like having a blind spot on either side of your eyes. The only way to find out if you have glaucoma is to have a comprehensive, dilated eye exam.

Who's at risk?

Some people are more likely to develop glaucoma than others. Those at highest risk are:

- People over age 60, especially if they're of Hispanic or Latino descent



- African Americans over age 40
- People with a family history of glaucoma
- Those with diabetes

Protecting your eyes

The good news is if glaucoma is caught early, treatment can help stop the damage and protect your vision. Here are some simple tips to protect your eyes:

- Eat a nutrient-rich diet with fruits, vegetables, and omega-3 fats
- Be physically active to improve blood flow to your eyes

- Get enough sleep and manage stress
- Don't smoke or vape
- Wear protective eye gear when playing sports or doing yard work
- Wear sunglasses with UV protection
- Keep your blood pressure in a healthy range

Take control of your eye health

By taking these simple steps, you can help protect your eyes and keep them healthy for years to come. Don't let glaucoma sneak up on you – take control of your eye health today!

Resources: [CDC.gov](https://www.cdc.gov); [NIH.gov](https://www.nih.gov)

Get fit, have fun!

Think exercise is boring? Think again! Fitness can be fun. Ditch the boring gym routine and treadmill torture. Instead, grab some friends and family and get moving with activities that make you smile. Being active every day can boost your mood, reduce stress, and supercharge your health.

Ready for some awesome ideas to make fitness fun? Here are our top picks:

- **Rollerblading or roller skating:** Hit the sidewalk with a friend and feel the wind in your hair! You can score used skates at a thrift

store or sports shop. Don't forget your protective gear, including a helmet.

- **Hiking:** Explore new trails at the park or beach, and take your furry friend along for company! See who can spot the most interesting things – make it a fun competition.
- **Batting cages:** Grab a bat and get ready to swing! Invite friends to join in and see who can hit the most home runs. It's a home run workout!
- **Kayaking:** Kayaking is an amazing way to get some exercise. Paddle around a lake or nearby river and soak up the scenery. You might even spot some wildlife.
- **Dance:** Take a dance class or just put on your favorite tunes and get moving at home. You'll be grooving to the



beat without even realizing you're getting a workout.

- **Pickleball:** Try this easy-to-learn sport for people of all ages and skill levels. You'll get some great exercise and have a blast making new friends on the court.

Remember, to be sustainable, your fitness activities should be fun. Find activities that make you happy and do them with people who enjoy them, too. Your body (and mind) will thank you.

Resource: [MayoClinic.org](https://www.mayoclinic.org)

Spinach & Feta Mug Scrambled Eggs (Serves 4)

Ingredients:

- 8 large eggs
- ¼ cup half-and-half
- ½ cup chopped baby spinach
- ¼ cup crumbled feta cheese
- 2 tablespoons chopped fresh dill, plus more for garnish
- ¼ teaspoon salt

Directions:

Coat 4 (12-ounce) microwave-safe mugs with cooking spray. Crack 2 eggs into each prepared

mug. Add 1 tablespoon half-and-half to each; whisk with a fork until completely blended. Add 2 tablespoons spinach, 1 tablespoon feta and 1½ teaspoons dill to each mug, stirring until combined. Sprinkle with salt. Cover and refrigerate for up to 4 days.

When ready to eat, uncover a mug and microwave on High, stirring every 15 to 20 seconds, until set, 1 minute and 15 seconds to 1 minute and 25 seconds for



large curds (about 1 minute for soft scramble). Stir with a fork to create fluffy curds. Sprinkle with additional dill, if desired.

Recipe courtesy of [Eatingwell.com](https://www.eatingwell.com); for nutritional information click [here](#).

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