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SWOSU BULLDOG WELLNESS

Newsletters

March 2018

SWOSU Bulldog Wellness Committee

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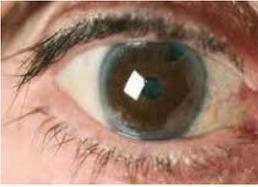
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SWOSU

Bulldog Wellness

March 2018



What Is Glaucoma?

By Dr. Chris

Glaucoma is one of several conditions of the eye that can lead to blindness. It is a group

of disorders where the optic nerve at the back of the eye becomes damaged. This is usually associated with increased pressure within the eyeball (intraocular pressure or IOP) which occurs in most types of glaucoma. However, there are types of glaucoma where the pressure within the eyeball is normal yet the optic nerve becomes damaged.

Normally the watery fluid in the front part of the eyeball known as the aqueous humor is constantly secreted and drained. In glaucoma, this drainage is impaired in some ways so the fluid builds up thereby increasing the pressure within the eye. It can also occur with overproduction of this fluid where the excess cannot be adequately drained out. There are different types of glaucoma, including:

- Primary open-angle glaucoma which is the most common type of glaucoma. It accounts for 90% of cases, develops gradually and is usually asymptomatic until the late stage.
- Angle-closure glaucoma is a less common type of glaucoma. It arises suddenly with severe symptoms that are noticeable almost immediately.
- Normal tension glaucoma is another less common type where the eyeball pressure is not raised as is the case with primary open-angle and angle closure glaucoma.
- Congenital glaucoma is a type of glaucoma that is present from birth usually due to some abnormality in eye development. It is a rare type of glaucoma.

There are several other types of glaucoma, such as traumatic glaucoma which arises with injury to the eye. However, these glaucomas are uncommon with primary open-angle glaucoma accounting for 90% of all cases.

Who gets glaucoma?

Glaucoma can affect any person, even children. However, it is older people (over the age of 60 years) who are at a greater risk. The following factors increase the risk of developing glaucoma and these individuals need to consult with an ophthalmologist regularly for routine screening.

- Family history of glaucoma,
- History of high blood pressure, heart disease or diabetes.
- Nearsightedness.
- Eye injury.
- Eye surgery.
- Removal of both ovaries early in life (before age of 43 years).
- Long term use of corticosteroids, particularly eye drops.

Do not wait for symptoms like diminishing or distorted vision or any of the other signs and symptoms discussed below. People who are at risk should have a routine eye examination every year or two, depending on the recommendation of a medical professional. Without early diagnosis and prompt treatment, glaucoma can lead to blindness. This type of blindness is irreversible.

Glaucoma is the second most common cause of irreversible blindness after macular degeneration and affects about 3 million Americans. Less than half of those affected know that they have glaucoma and even of those treated, about 10% will still lose their vision as a result of this disease. About 12% of all cases of blindness in the United States are due to glaucoma. — HEALTHHYPE.com



Walking Club

The SWOSU Walking Club is meeting every MWF, 12:10 pm, at the Wellness Center. Fit fitness into your workday with a 30-40 minute walk and

receive the benefits of social support, stress relief, and renewed energy.

SWOSU Pool Fall & Spring Hours



Monday-Friday 6 a.m. - 8 a.m., 12p.m. - 2 p.m., 5p.m. - 7 p.m.
Tuesday 5 p.m. - 7p.m. (closed)

Water Aerobics

Mondays, Tuesdays & Wednesdays 6 -7 p.m.



Broccoli Cauliflower Tetrazzini

Ingredients

8 ounces uncooked spaghetti, broken into thirds
16-ounce package frozen broccoli, cauliflower and carrots

2 tablespoons margarine or butter

3 tablespoons flour

2 cups skim or low-fat milk

½ cup grated Parmesan cheese

Dash pepper

4.5-ounce jar sliced mushrooms, drained

2 tablespoons grated Parmesan cheese

Directions

Cook spaghetti to desired doneness as directed on package. Drain; rinse with hot water. Keep warm; set aside. Cook vegetables until crisp-tender as directed on package. Drain; set aside. Heat oven to 400°F. Grease 13 x 9-inch pan. In medium saucepan, melt margarine. Stir in flour until smooth. Gradually add milk; blend well. Cook over medium heat 6 to 10 minutes or until mixture thickens and boils, stirring constantly. Stir in ½ cup Parmesan cheese and pepper. Spoon cooked spaghetti into greased pan. Top with cooked vegetables and mushrooms. Pour milk mixture over mushrooms; sprinkle with 2 tablespoons Parmesan cheese. Bake at 400°F. for 15 to 20 minutes or until mixture is

thoroughly heated and bubbles around edges. 8 servings.

Nutrients per 1/8 of recipe 220 calories



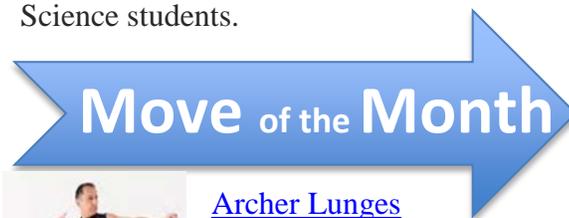
Weight Watchers @ Work

Weight Watchers have lost a total weight of 66 lbs. within the first 6 weeks that the program started. Contact Kathy Megli (7070) for information about the program.



Biggest Loser

Biggest Loser is on the final week currently. The amount of weight lost for their first six weeks was 52 lbs. with the average weight lost being 2.5 lbs. per individual. Participants that requested a personal trainer are seeing results and are pleased with the training services they are receiving from the Exercise Science students.



Archer Lunges



Decrease in Alzheimer's Risk?

Blood pressure medicines may cut Alzheimer's risk. People with mild thinking and memory difficulties who took an angiotensin-converting-enzyme (ACE) inhibitor, such as *captopril* or *lisinopril*... or an angiotensin-receptor blocker (ARB), such as *losartan* or *valsartan*... were less likely to develop Alzheimer's disease than similar patients taking other hypertension drugs. More research is needed, but if you are taking a medication for high blood pressure, ask your doctor if switching to an ACE or ARB drug is appropriate.

Analysis of the medical records of 784 patients with high blood pressure and mild cognitive impairment by researchers at Emory University, Atlanta, presented at the recent Alzheimer's International Conference 2015, Washington, DC. — BottomLine Personal

Classes Offered on Campus