

CGH Workplace Wellness Newsletter

August 2020

Over 40? Check Your Eyes!

Are you holding the newspaper farther away than you used to? Join the crowd - age can bring changes that affect your eyesight. Some common conditions include:

- **Presbyopia** is a slow loss of ability to see close objects or small print. People with presbyopia often have headaches or strained, tired eyes. Reading glasses usually fix the problem.
- **Floater**s are tiny specks or “cobwebs” that seem to float across your vision. Floaters can be a normal part of aging but sometimes they are a sign of a more serious problem. If you see many new floaters and/or flashes of light, see your eye care professional right away.
- **Tearing** (having too many tears) can come from sensitivity to light, wind, or temperature changes, or having a condition called dry eye. Wearing sunglasses may help. So might eye drops. Sometimes tearing is a sign of a more serious eye problem, like an infection or a blocked tear duct.
- **Eyelid** problems can result from different diseases or conditions. Common eyelid problems include red and swollen eyelids, itching, tearing, and crusting of eyelashes during sleep.

To protect your eyesight from conditions that develop as we age have your eyes checked regularly by an eye care professional - either an ophthalmologist or optometrist. People over age 60 should have dilated eye exams yearly.

See an eye care professional right away if you:

- Suddenly cannot see or everything looks blurry
- See flashes of light
- Have eye pain
- Experience double vision
- Have redness or swelling of your eye or eyelid

CGH Ophthalmologist Dr. Gerald Cundiff discussed eye conditions that develop as we age in a Facebook live event on July 17. You can find the video recording of the program on the CGH YouTube channel. Look for it at www.cghmc.com under “Education and Resources”.



Upcoming Events

Sponsored by the
CGH Health Foundation

Growing Healthier Speaker
Thurs, Aug 27 at 12:00 p.m. on
Facebook Live
Mary Martin, AuD, FAAA will
appear with Dr. William Bird to
discuss new advances in hearing aid
technology.

Thursday, August 27
Community Cholesterol Screening
Appointment and 12 hour fast
required. Cost: \$30.00.
Please call 815-625-0400,
X5716 to schedule.

Please note that videos of past
“Growing Healthier” programs are
available for viewing on the CGH
website under Education and
Resources tab.

COVID-19
Health and Wellness
Please visit the Foundation
tab at www.cghmc.com for
family friendly resources to
help your family eat, exercise,
and feel better this summer.

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Health Foundation
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For questions regarding CGH Workplace Wellness services contact Sherry DeWalt; 815-625-0400, ext. 5716, or sherry.dewalt@cghmc.com
For questions regarding other services/projects the CGH Health Foundation offers please contact Joan Hermes, Executive Director;
815-625-0400, ext. 5672 or joan.hermes@cghmc.com or visit www.cghmc.com/foundation. CGH Health Foundation is a 501(C)3 corporation.