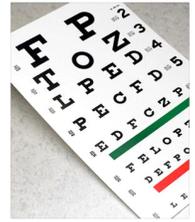




Health Tribune

Thinking about your health in Portage County
 Provided by the Portage County Health Department



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March is.....Save Your Vision Month



Tips for Healthy Eyes:

- ◇ **Get a Comprehensive Dilated Eye Exam.**
 Eye exams are important to help keep your eyes healthy. Many eye diseases such as glaucoma, diabetic eye disease, and age related vision problems can have no warning signs.
- ◇ **Know Your Family's Health History.**
 Knowing your family's history can help determine if you have a higher risk of developing certain disease or conditions.
- ◇ **Eat Right to Protect Your Sight.**
 Eating a diet rich in fruits, vegetables and fish are important for keeping your eyes healthy.
- ◇ **Maintain a Healthy Weight.**
 Being overweight can increase your risk of developing conditions such as diabetes which can lead to vision loss.
- ◇ **Do Not smoke.**
 Smoking increases the risk of developing eye conditions such as cataract and optic nerve damage that can eventually lead to blindness.
- ◇ **Wear Your Shades.**
 Sunglasses are important for eye protection against the sun's ultraviolet rays. Buy glasses that block 99 to 100 percent of both UV-A and UV-B radiation.
- ◇ **Rest Your Eyes.**
 To help reduce eyestrain use the 20-20-20 rule Which suggests that every 20 minutes you look away about 20 feet in front of you for 20 seconds.



Did you know...?

Portage County offers a Vision Care Outreach Program for children and their families who are in need of vision care services including vision screening and glasses. The participants of the program *must* meet the guidelines below to qualify.

Guidelines to Receive Services:

- ◇ Fall within the current 200% federal poverty guidelines.
- ◇ Be an Ohio Resident.
- ◇ Have no access to vision insurance of any kind.
- ◇ Have not used the VCO program services for an eye exam within the past 2 years.

200% Federal Poverty Guidelines:

Family Size	Annual Income
1	\$22,980
2	\$31,020
3	\$39,060
4	\$47,100
5	\$55,140
6	\$63,180
7	\$71,220
8	\$79,260
For each additional person, add	\$8,040

For more information, contact Becky Lehman at 330-296-9919, ext. 137 or Karen Towne at 330-296-9919, ext. 113.

Questions or Comments?

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