

FAIRWAY FOCUS



GLAUCOMA: the sneak thief of sight

January is National Glaucoma Awareness Month, an important time to spread the word about this sight-stealing disease.

Currently, more than 3 million people in the United States have glaucoma. The National Eye Institute projects this number will reach 4.2 million by 2030.

Glaucoma is called "the sneak thief of sight" since there are no symptoms and once vision is lost, it's permanent. As much as 40% of vision can be lost without a person noticing.

Glaucoma is the leading cause of irreversible blindness. Glaucoma is 6 to 8 times more common in African Americans than Caucasians.

Over 3 million Americans, and over 60 million people worldwide, have glaucoma. Experts estimate that half of them don't know they have it. Combined with our aging population, we can see an epidemic of blindness looming if we don't raise awareness about the importance of regular eye examinations to preserve vision. The World Health Organization estimates that 4.5 million people worldwide are blind due to glaucoma.

What is Glaucoma?

Glaucoma is a group of eye diseases that gradually steal sight without warning. Although the most common forms primarily affect the middle-aged and the elderly, glaucoma can affect people of all ages.

Vision loss is caused by damage to the optic nerve. This nerve acts like an electric cable with over a million wires. It is responsible for carrying images from the eye to the brain.

There is no cure for glaucoma—yet. However, medication or surgery can slow or prevent further vision loss. The appropriate treatment depends upon the type of glaucoma among other factors. Early detection is vital to stopping the progress of the disease.



New Year, NEW DOCTOR

This year we welcome Dr. Sarah Scoggin to our Fairway Eye Center family!

Dr. Scoggin was born near Lake of the Ozarks. She received her undergraduate degree in chemistry from William Jewell College in Liberty, MO in 2014, and her doctorate from the Southern College of Optometry in Memphis, TN in 2018. She practices full-scope optometry including primary eye care, management of ocular diseases, contact lenses, and co-management of refractive and cataract surgery.

Dr. Scoggin is a member of the Missouri Optometric Association, Kansas Optometric Association, and the Greater Kansas City Optometric Association. She is passionate about missionary eye care, and has traveled to Mexico, Costa Rica, Nicaragua, and Bangladesh to provide care. She also enjoys volunteering closer to home, currently working with the Kansas City Care Clinic.

DIABETES update

Better control of blood sugars can help protect your eyes from damage.

New CGM technology (Continuous Glucose Monitoring) is an advanced way for people living with diabetes to check glucose readings in real-time or monitor glucose readings over a period of time. By using a continuous glucose monitor, your CGM system will automatically receive glucose readings every 5 minutes allowing you to finger stick less often. CGM can be used with or without an insulin pump.

WHAT IS CGM?

A blood glucose meter only provides a brief "snapshot" of your glucose level at a single moment in time. A CGM system gives you a greater view of your glucose trends. CGM can provide valuable information at crucial points during the day, including before and during exercise, prior to driving, before test/exam-taking, and in the middle of the night. CGM presents a significant medical advance for those living with diabetes.

WHAT ARE THE BENEFITS?

- ↓ Insights to help lower A1C by up to 1% when compared with fingerstick testing alone
- ⌚ Visibility of time spent high, low, and within a healthy glucose range of 70 – 180 mg/dL
- 💧 94% of lows were detected using CGM
- 📍 The direction your glucose levels are going
- 📈 Early notification of oncoming lows and highs throughout the day and night
- 💓 Insights into how food, physical activity, medication and illness impacts your diabetes.



EYE-FRIENDLY recipe

STIR-FRY WITH QUINOA, VEGETABLES AND CHICKEN

This entree utilizes a different grain than traditional rice – quinoa, a food staple of the ancient Incas. Considered a super-grain, it contains more protein than any other grain and is considered a "complete protein" because it contains all eight essential amino acids.

INGREDIENTS

- 3/4 cups quinoa (either ivory or red colored) *brown rice or barley
- 1/2 tsp salt, divided
- 1 tbsp olive oil
- 1 medium carrot, thinly sliced
- 2 cups small broccoli florets
- 1/2 medium red onion, thinly sliced
- 1 medium red pepper, cored, seeded, chopped into 1-inch squares
- 2 tsp grated ginger
- 1 clove garlic, sliced
- 1 small jalapeño, seeded, finely diced
- 1/4 tsp black pepper
- 1 egg, beaten
- 1/4 lb leftover cooked chicken, chopped or shredded
- 2 green onions, chopped
- 1/2 cup fresh cilantro, roughly chopped
- 1 1/2 tbsp soy or tamari sauce

INSTRUCTIONS

- Using a fine mesh strainer, rinse the quinoa. Place in a small saucepan with 3/4 cup water and 1/4 teaspoon salt. Bring to a boil, then reduce the heat to low.
- Cover and cook, undisturbed, until the quinoa has absorbed the water, approximately 15 minutes. Remove from heat, fluff with a fork and set aside, uncovered.
- Heat the olive oil in a large sauté pan over medium-high heat. Cook the carrot, broccoli and red onion, stirring occasionally, until they soften, 1 to 2 minutes. Add the bell pepper, ginger, garlic, jalapeño, remaining salt and pepper; cook, stirring frequently, about 2 minutes, being careful not to burn the garlic and ginger.
- Remove the vegetables and return the sauté pan to heat.
- Add the quinoa along with the beaten egg. Cook, stirring constantly, until the egg is evenly distributed, about 2 minutes.
- Add the vegetables, green onions, cilantro and soy or tamari sauce, cooking 1 minute more.
- Divide among 4 bowls, serve warm.

Congratulations!

You made it all way to the end! As a THANK YOU, show this newsletter at any location to receive \$50 off a year's supply of contacts or a complete pair of glasses. (Cannot be used with any other offer or insurance. Expires 6/31/19.)

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