



Living Well
12 Yon Hall
Gainesville, FL
(352)392-9767

Glaucoma Awareness Month

**Happy New Year
Living Well
Members!**

**Holidays and
Special Hours**

Jan. 3rd—Open

Jan. 16th—Closed
Martin Luther King Day

Normal Hours:

Monday	6am-8:30pm
Tuesday	6am-8:30pm
Wednesday	6am-8:30pm
Thursday	6am-8:30pm
Friday	6am-7pm
Saturday	9am-3pm
Sunday	1pm-5pm

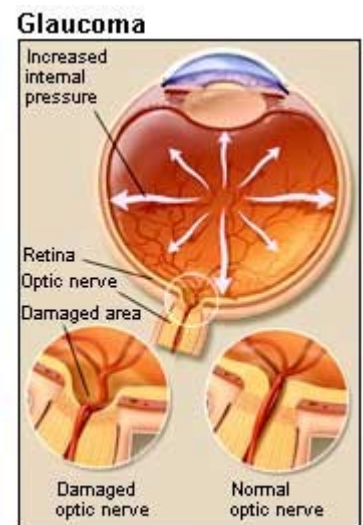
Glaucoma is a combination of eye diseases that gradually cause permanent vision loss. Vision loss caused by glaucoma is due to damage of the optic nerve . Glaucoma is the second leading cause of blindness worldwide and the number one cause of preventable blindness. Although this disease most commonly affects the middle-aged and elderly, glaucoma can affect people of all ages. Over 4 million Americans have glaucoma and there are over 70 million cases of glaucoma worldwide.

With the most common type of glaucoma, there are no noticeable symptoms until actual vision loss begins. Loss of vision begins with peripheral vision and most patients do not realize something is wrong with their vision until signification and irreversible vision loss has already occurred.

Currently there is no cure for glaucoma, but with early detection, medication, and surgery, the progression of this disease can be halted. This disease can affect any ethnicity or age group; however, glaucoma is more prevalent in certain populations. People of African, Asian and Hispanic decent have a higher risk of getting glaucoma. As well as men and women over the age of 60, diabetics, people with extreme nearsightedness and those who have family members who have already been diagnosed with glaucoma.

Early detection of glaucoma is key to stopping and preventing further vision loss. It is important to have regular eye exams. Before the age of 40, you should have your vision checked every two to four years. From the ages of 40-54, you should have your vision checked every one to three years. From the ages of 55-64, you should have your vision checked every one to two years. And after the age of 65, you should have your vision check every twelve months. Anyone who is at a higher risk for glaucoma should have an eye exam every one to two years after the age of 35.

For more information about glaucoma, vision testing, treatments and other facts and statistics about glaucoma please visit www.glaucoma.org.



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Living Well Website!
www.livingwell.ufl.edu

Living Well can help you keep your New Year's Resolution!

Sign up with your spouse or partner and receive a discount on your membership!



T-shirts for sale!
\$15.94 payable by check made out to "University of Florida" !

Keeping Your New Years Resolution

With a brand new year ahead, January is always so full of promise and motivation. But year after year the gyms empty out by February and most people will forget what their resolutions are before St. Patrick's day. But how can you keep the motivation going for all of 2012 and finally see a resolution through the entire year? Here are a few tips and tricks to make this year the year you finally stick to all of your new years resolutions.

- **Plan Ahead!** Don't wait until December 31st to decide what your resolution for the new year will be. Take time to evaluate the areas of your life you want to improve upon and make a conscious choice about what you will be working on for all of 2012.
- **Be realistic.** When choosing your resolution be sure to make it something that is realistic and attainable. Instead of swearing off chocolate for the rest of eternity, resolve to eat less than you currently do or gradually lower your intake throughout the year. Don't choose a resolution that will set yourself up to fail.
- **Make a plan.** Sit down and write out all of the ways you plan on helping yourself achieve your goal for the new year. If your resolution is to get in shape, research local gyms and parks. Schedule out your year with goals and deadlines. It's much easier to stick to your resolution when you have a plan of how you are going to do it.
- **Talk about it!** You are not an island. There are going to be days when sticking to your resolutions are going to seem impossible and that is why you shouldn't keep your resolution a secret. By talking about your resolution with other people in your life, they can help keep you accountable and offer you much needed support on your bad days.
- **Reward yourself.** Mistakes and slip ups will happen. But instead of beating yourself up about it, set up goals and deadlines and reward yourself when you reach those goals!
- **Stick to it.** Even if you slip up or slack off, all is not lost. Stick to your resolution even after you mess up. Revise your plan and goals and keep trying. By not immediately chucking your resolution through the window after the first bump in the road, you are much more likely to have positive results in the end.

