



Glaucoma Awareness Month

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, a 58 percent increase.

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. Moreover, among African American and Latino populations, glaucoma is more prevalent. Glaucoma is 6 to 8 times more common in African Americans than Caucasians.

Over 3 million Americans, and 80 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.

TYPES OF GLAUCOMA

There are two main types of glaucoma: primary open-angle glaucoma (POAG), and angle-closure glaucoma. These are marked by an increase of intraocular pressure (IOP), or pressure inside the eye. When optic

nerve damage has occurred despite a normal IOP, this is called normal tension glaucoma.

Secondary glaucoma refers to any case in which another disease causes or contributes to increased eye pressure, resulting in optic nerve damage and vision loss.

REGULAR EYE EXAMS ARE IMPORTANT

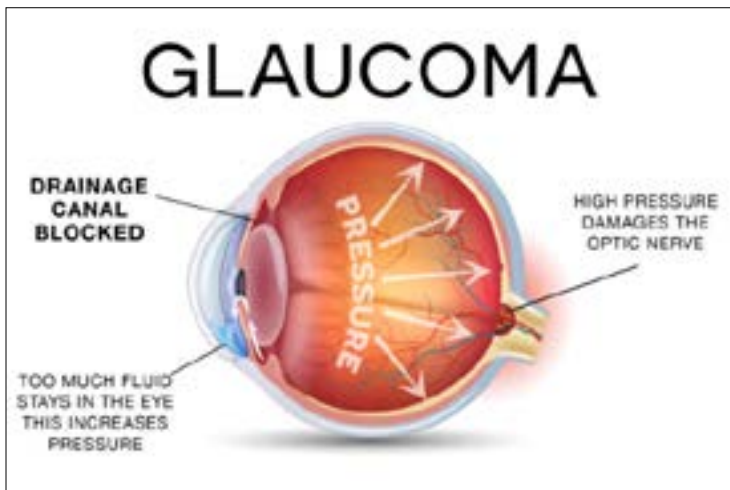
Glaucoma is the second leading cause of blindness in the world, according to the World Health Organization. In the most common form, there are virtually no symptoms. Vision loss begins with peripheral or side vision, so if you have glaucoma, you may not notice anything until significant vision is lost.

The best way to protect your sight from glaucoma is to get a comprehensive eye examination. Then, if you have glaucoma, treatment can begin immediately.

Glaucoma is a leading cause of blindness among African-Americans. And among Hispanics in older age groups, the risk of glaucoma is nearly as high as that for African-Americans. Also, siblings of persons diagnosed with glaucoma have a significantly increased risk of having glaucoma.

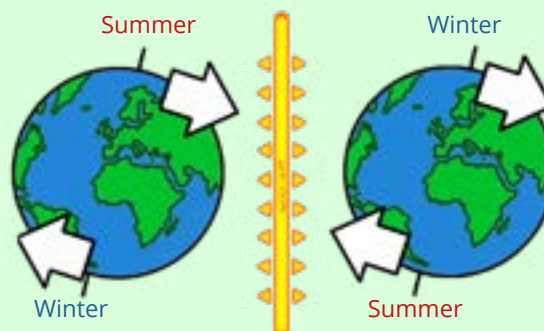
RISK FACTORS

Are you at risk for glaucoma? Those at higher risk include people of African, Asian, and Hispanic descent. Other high-risk groups include: people over 60, family members of those already diagnosed, diabetics, and people who are severely nearsighted. Regular eye exams are especially important for those at higher risk for glaucoma, and may help to prevent unnecessary vision loss.



Fun Fact:

The first day of the January is known as New Year's Day. January, on average, the coldest month of the year within most of the Northern Hemisphere (where it is the second month of winter) and the warmest month of the year within most of the Southern Hemisphere (where it is the second month of summer).



Next Meeting... Please Join Us

Our next meeting will be on Tuesday, January 23, 2024, from 7:00pm - 8:00pm. This meeting will be located in the Hospital Board Room.



For more information on diabetes, or to make an appointment, call your Weeks primary care provider at 603-788-5095.

The Diabetes Support Group monthly newsletter is produced by Weeks Medical Center Registered Nurse and Diabetes Care and Education Specialist, Ashley Clauss. If you have any questions regarding the Diabetes Support Group, contact Ashley at 603-788-5659. Not only is this support group for patients with diabetes, but also their family, caregiver, and support person. All are welcome. We are always looking for new members!



RECIPE OF THE MONTH

Chicken Pot Pie with Phyllo

There is nothing more comforting than chicken and veggies in a lusciously thick sauce topped with a flaky crust. The earthy aroma of this dish will fill your kitchen and call everyone to dinner. The secret to this ultimate comfort food? By using butter-flavored spray and phyllo dough we slash all the saturated fat and calories found in a typical pie crust topping. The phyllo dough topping is infinitely more interesting than a standard crust.

CUPCAKE INGREDIENTS

- 1 lb boneless skinless chicken breast (diced into 1/2-inch pieces)
- 1 1/2 tsp garlic powder
- black pepper, to taste
- 2 cups reduced-sodium chicken broth (fat-free)
- 1/2 cup water
- 1 tsp olive oil
- 10 oz cremini (mushrooms cut into 1/2-inch pieces (about 3 cups))
- 1 clove garlic (finely chopped)
- kosher or sea salt, to taste
- 1 lb small red potatoes (unpeeled and cut into quarters)
- 5 sprigs fresh thyme
- 3 medium carrots (diced into 1/2 inch pieces)
- 1 large onion (diced)
- 1 1/2 cup 1% milk
- 1/2 cup half-and-half
- 6 tbsp all-purpose flour
- 8 oz frozen peas
- 1/2 cup parsley (minced flat leaf)
- 8 sheets frozen phyllo dough
- butter-flavored spray

DIRECTIONS

1. Preheat the oven to 400°F. Season the diced chicken with garlic powder and freshly ground pepper and set aside. In a 2-quart saucepan, bring the chicken stock and water to a boil
2. Meanwhile, heat the olive oil in a medium skillet and add the mushrooms and garlic. Season lightly with salt and pepper. Cook for 5 minutes or until mushrooms are soft. Once the mushrooms soften, set them aside in a bowl. Strain any liquid from the mushrooms
3. Add in the potatoes and thyme leaves and lower the heat to medium. Simmer the potatoes for about 8 minutes until tender. With a slotted spoon, remove the potatoes and thyme to a bowl. Discard the thyme leaves. Add the carrots and onions to the stock and simmer for 4 minutes. With a slotted spoon remove the carrots and onions to the same bowl with the potatoes.
4. Add the chicken to the stock and simmer the chicken for 3 minutes. With a slotted spoon, remove the chicken to the same bowl with the vegetables. Reduce the stock until reduced to 1/2 cup, about 10 minutes.
5. Meanwhile, whisk the milk, half-and-half, and flour together in a bowl until very smooth. When the stock is reduced, slowly add the milk mixture to the stock, constantly stirring until thickened, but smooth. Add the sauce to the vegetables and season with salt and pepper. Add in the reserved mushrooms, peas, and parsley, and mix well.
6. Pour the mixture into a 9 × 13-inch pan. Set aside. Spread one sheet of phyllo out onto a very lightly floured surface. Be sure to cover the remaining sheets of phyllo with a towel to avoid exposing to air. The phyllo will crack if exposed. Coat with the butter spray. Add another sheet of phyllo on top of the first sheet and coat with spray. Repeat this process until all 8 sheets are used.
7. Carefully lift the phyllo dough stack and place over the chicken vegetable filling. Tuck the edges under. With a sharp knife, make 3 diagonal slashes across the top of the dough. This will allow steam to escape.
8. Bake the chicken pot pie, uncovered, for about 30 minutes until the top is puffed and golden brown. Remove from the oven and let stand for about 5 minutes. Cut into squares.

NUTRITION FACTS

Servings Per Recipe: 12, Serving Size: 1 (3x3-inch) square, Calories 180, Total Fat 2.5g, Satfat 0.9g, Cholesterol 25mg, Sodium 180mg, Total Carbohydrated 26g, Dietary Fiber 3g, Total Sugars 5g, Protein 13g,

https://www.diabetesfoodhub.org/recipes/chicken-pot-pie-with-phyllo.html?home-category_id=20



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