

# HealthyBy Choice

...One Day at a Time

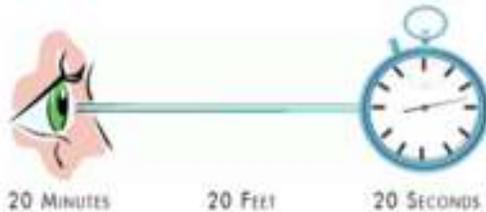
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## Workplace Eye Wellness Month

There are ways to prevent computer vision syndrome and keep your eyes feeling comfortable:

1. **Reposition your screen.** Adjust your screen to be at a right angle away from any direct light source. Invest in an anti-glare screen for your monitor to make computer work gentler on your eyes.
2. **Remember the 20-20-20 rule.** This rule reminds you that every 20 minutes, you should look at an object at least 20 feet away for at least 20 seconds.



3. **Don't forget to blink.** While it may sound ridiculous, write yourself a note and place it on your monitor. Write "Blink Often" or any other message that will remind you to regularly close your eyes to keep them from getting dried out.
4. **Use artificial tears.** Over-the-counter eye drops can be extremely helpful in preventing dry eye and keeping your eyes comfortable.
5. **Drink water.** Adequate hydration can make a big difference, especially during the winter months when heaters and furnaces can make the air particularly dry.
6. **Schedule regular comprehensive eye exams.** Nothing can replace the importance of having an eye exam by a licensed ophthalmologist at regular intervals. If you have any concerns about your vision or experience any changes with your eyesight, do not delay in making an appointment.

## Text Size and Color on Your Digital Screen

According to computer vision syndrome expert Dr. James Sheedy, the text size on your computer screen should be three times the smallest size that you can read from your normal viewing position.

The best **color combination** for your eyes is **black text** on a white background, though other dark-on-light combinations also work well.

On a computer screen, black text on a white background is best.

Other high-contrast, dark-on-light combinations work well too.

Avoid low-contrast text/background color schemes.

Text on a busy background is also tiring to read.



Take care of your eyes & they will take care of you!



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## Colorectal Cancer Awareness Month

Colorectal Cancer is cancer of the colon and rectum. It is the third most frequently diagnosed cancer in both men and women and the second leading cause of cancer deaths in the United States.

### Risk Factors

- Are age 50 or older
- Smoke or use tobacco
- Are overweight or obese, especially if you carry fat around your waist
- Eat a lot of red meat, such as beef, pork or lamb, or a lot of processed meat...bacon, sausage, hot dogs or cold cuts
- Are not physically active
- Drink alcohol in excess (especially if you are a man)
- Have a personal or family history of colorectal cancer or benign (not cancerous) colorectal polyps
- Have a personal or family history of inflammatory bowel disease, such as ulcerative colitis or Crohn's disease

### Prevention

- Be physically active at least 30 mins at least five days a week
- Maintain a healthy weight and waist size
- Don't smoke. If you do smoke, quit.
- Eat less red meat and cut out processed meat
- Eat more fruits, vegetables and whole grains
- Get screened according to guidelines
- Limit alcohol to no more than one drink per day if you're a woman and two drinks per day if you're a man

### Symptoms

Early stages of colorectal cancer do not usually have symptoms. Later on, people may have these symptoms

- Bleeding from the rectum or blood in or on the stool
- General problems in the abdomen, such as bloating, fullness or cramps
- Weight loss for no apparent reason
- Vomiting
- Change in bowel habits
- Stools that are more narrow than usual
- Diarrhea, constipation or a feeling in the rectum that the bowel movement isn't quite complete
- Being tired all the time

### Early Detection

- Begin getting screened at age 50. If you are older than age 75, ask your doctor if you should continue to be screened.
- If you are a high risk, talk to your health care professional about screening earlier and more often.
- Talk to your doctor about your screening test options.

### **Tests that detect pre-cancer and cancer:**

- Colonoscopy — every 10 years
- Virtual colonoscopy — every 5 years
- Flexible sigmoidoscopy — every 5 years
- Double-contrast barium enema — every 5 years

### **Tests that mainly detect cancer:**

- Stool occult blood test (FOBT) (guaiac) — every year
- Stool immunochemical test (FIT) — every year
- Stool DNA test (sDNA) — ask your health care professional; the FDA approved the use of the sDNA test in 2014



Be Seen...Get Screened!

