

The logo for 'the Telehealth Times' features a green stethoscope with a Wi-Fi symbol above the word 'the'. The word 'Telehealth' is in blue, and 'Times' is in green. A green ECG line is positioned below the text.

the
Telehealth
Times

JANUARY IS

GLAUCOMA
AWARENESS MONTH

Happy New Year!



KAMRYN'S CORNER

Hello & Happy New Year! I am overjoyed to start this new year as your RPM nurse, and I look forward to all we are going to learn together with a year full of Awareness Months. We are starting our year with Glaucoma Awareness Month. It is important for us to take care of each part of our bodies but this month it's our eyes we are discussing. If you don't have an eye doctor currently, I encourage you to get one and to see them regularly.

Edisto Vision Center

915 John C. Calhoun Drive
Orangeburg, SC 29115
(803) 536-3755

H Rubin Vision Center

1530 Chestnut Street
Orangeburg, SC 29115
(803) 535-2000

Orangeburg Eye Center

1190 Summers Avenue
Orangeburg, SC 29115
(803) 534-0266

Yours Truly,
Kamryn



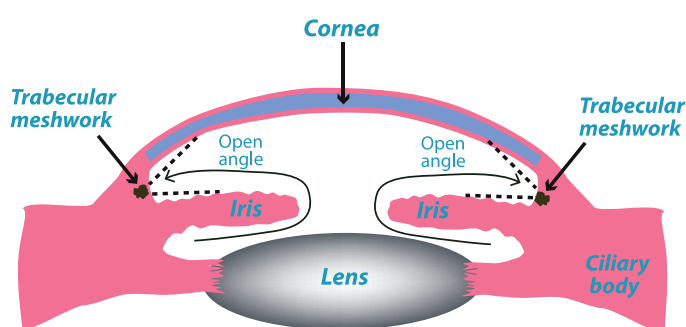
Kamryn Williams, LPN
Telehealth Coordinator
Palmetto Care Connections

GLAUCOMA

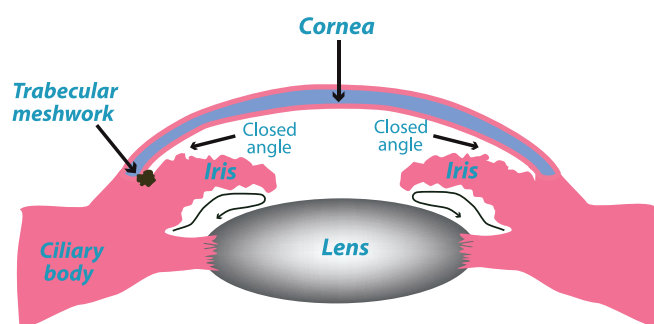
Glaucoma is a chronic eye condition that damages the optic nerve. The optic nerve sends visual information from our eyes to our brains and is crucial for good vision.

There are different types of glaucoma, but the two main types are: open-angle glaucoma and angle-closure glaucoma. These are determined by an increase of intraocular pressure. Increased intraocular pressure is often the cause of damage to the optic nerve, but glaucoma can happen with typical eye pressure.

Types of Glaucoma



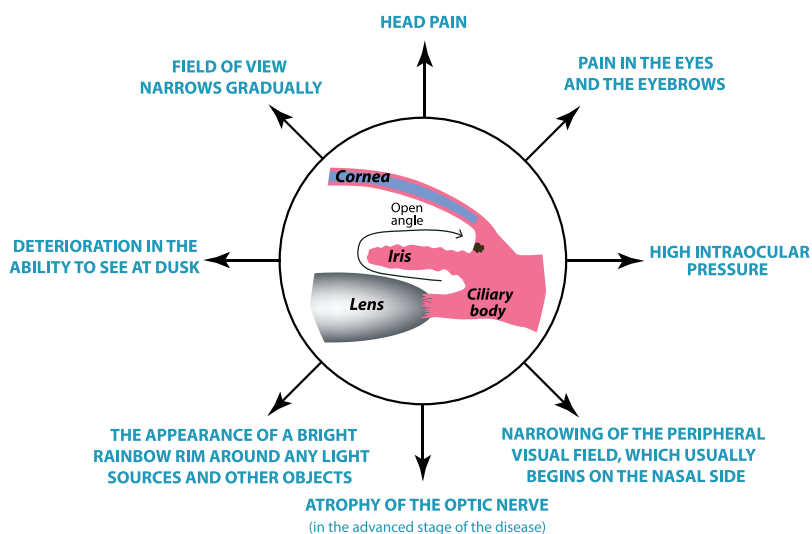
OPEN-ANGLE GLAUCOMA



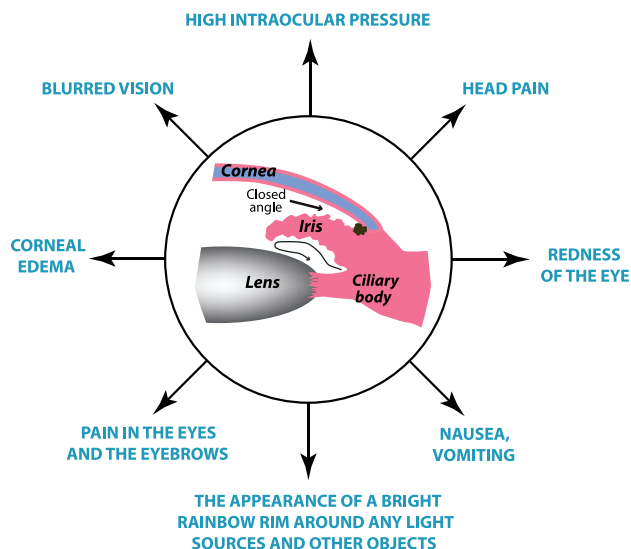
ANGLE-CLOSURE GLAUCOMA

The symptoms may vary between the types of glaucoma, but the results are the same: vision loss or blindness.

Symptoms of Open-Angle Glaucoma



Symptoms of Angle-Closure Glaucoma



GLAUCOMA PREVENTION

Risk Factors for Glaucoma:

- Over the age of 60
- African American
- Asian American
- Hispanic/Latino
- Family history of glaucoma

The best way to protect your eye sight is to get a comprehensive eye examination. This typically includes five tests to detect glaucoma. The doctor will check your eye pressure, dilate your eyes to examine your optic nerve, test your field of vision, measure the thickness of your cornea, and examine the angle in your eye where the iris meets the cornea.



GLAUCOMA TREATMENT

There is no cure for glaucoma, but starting treatment early can help stop or slow vision loss.

Glaucoma Treatment



Do not work too long with the computer



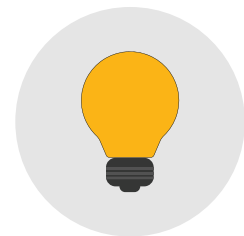
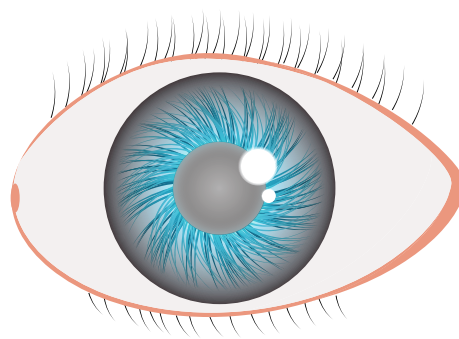
Eye drops agonists of alpha adrenergic receptors



Eye drops carbonic anhydrase inhibitors



Carbonic anhydrase inhibitors



Lighting should always be of high quality



Eye drops beta blockers



Wearing special glasses antiglaucoma



Eye drops containing prostaglandins

CARROT CUMIN SOUP

Ingredients

- 2 Tbsp olive oil
- 1 medium yellow onion, chopped
- 2 garlic cloves, minced
- 1 lb large carrots, peeled and cut [1-in pieces]
- 2 1/2 cups vegetable broth
- 1/2 tsp ground cumin
- 1/4 tsp ground coriander
- 1/2 tsp sea salt
- Freshly ground black pepper
- 1 tsp freshly squeezed lemon juice
- 1/2 cup plain Greek yogurt
- 2 Tbsp toasted cumin seeds, for garnish

Preparation

1. In a heavy saucepan, heat the olive oil over medium-high heat and sauté the onion for 2 minutes, then add the garlic and sauté an additional minute. Add the carrots, broth, cumin, coriander, salt, and pepper. Bring to a boil. Reduce the heat, cover, and simmer until the carrots are tender, about 15 minutes.



2. Purée the soup with an immersion blender, or, working in batches, purée in a blender or food processor until smooth, then return it to the saucepan. Whisk in the lemon juice and yogurt. Season to taste. Ladle into bowls, and sprinkle with the cumin seeds.

FACTS AND STATS

Statistics and Facts about Glaucoma

- Glaucoma is called “the sneak thief of sight,” as much as 40% of vision can be lost without a person noticing.
- Glaucoma is the leading cause of blindness. Once vision is lost, it’s permanent.
- More than 3 million Americans have glaucoma and the National Eye Institute projects that by 2030 this number will have a 58% increase to 4.2 million.
- Glaucoma is 6 to 8 times more common in African Americans.

Source: <http://glaucoma.org>

WHAT WE ASPIRE TO BE

OUR VISION

Every South Carolinian is connected to healthcare services

WHAT WE ARE

OUR MISSION

To improve access to healthcare services in rural and underserved communities in South Carolina through telehealth, technology, broadband and education.

WHAT WE DO

OUR VALUES

- Transform healthcare delivery
- Build trusted relationships
- Empower communities
- Innovative solutions
- Keep healthcare local
- Inclusion
- Equitable access
- Advocate

WHAT WE DO

FOCUS AREAS



Telephone: 803.956.6221

www.palmettocareconnections.org

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