# Asset Health Talk

Keeping your health and wellbeing in the know

*Wishing you a healthy and happy new year!*

January 2015

# Research Unveils Advances in **GLAUCOMA SCREENING**

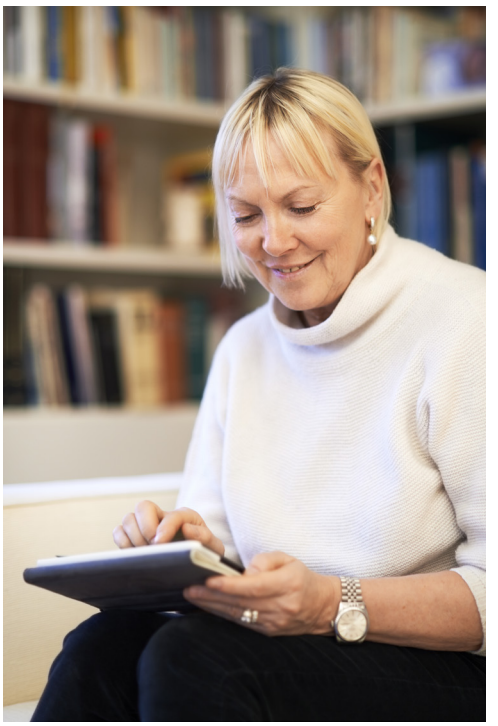
## Could watching your iPad to detect glaucoma be next?

A new study from researchers in the United Kingdom suggests that detecting glaucoma could someday be as simple as watching a movie or TV show on your tablet due to developments in eye-tracking software.

Researchers found that by comparing a group of 32 elderly people with healthy vision to 44 patients with a clinical diagnosis of glaucoma, they were able to detect glaucoma by interpreting maps of people's eye movements while they watched a TV show or a movie.

"By tracking eye movements for just a few minutes, we end up with a picture that looks like a bunch of dots connected by lines," said David Crabb, the study's lead author and a professor at City University of London. "And within that picture, we've been able to find a signature, a fingerprint really, for how someone uses their eyes."

According to Crabb, people with glaucoma use their eyes frequently in a way that compensates for vision and affects their peripheral vision first. He further explains that these slight compensatory movements, deciphered through computer models, are what allow researchers to confirm if someone is experiencing glaucoma.



"Technology that identifies where someone is looking has improved dramatically in the last five years," Crabb said. "This technology is very much being driven by people developing phones and tablets, and we think it's going to be more affordable and accurate over time, and you might be able to do your eye testing at home at some point."

"Diagnosing glaucoma by watching your iPad? It could be here sooner than you think," Peter Holley, washingtonpost.com, Nov. 12, 2014.

## Envision a Healthy Future:

### *Don't Let Glaucoma Blindside You*

Did you know that glaucoma, a condition that causes damage to your eye's optic nerve and worsens over time, is one of the world's leading causes of blindness? January is National Glaucoma Awareness Month, with good reason.

Often referred to as the *"silent thief,"* glaucoma rarely presents with symptoms. You may not experience eye pain or notice the loss of side vision at first. An early diagnosis and appropriate treatment are key to its prevention.

Regular moderate exercise is recommended because studies have shown that working out three or more times each week can lower elevated intraocular pressure (IOP). IOP refers to increased pressure inside the eye that is usually present. Also, since eye injuries can lead to traumatic glaucoma or secondary glaucoma, wearing protective eyewear is another way to prevent glaucoma. However, the best way to prevent against major glaucoma damage is to receive regular eye exams.

Visit *preventblindness.org* for additional tips on how to lower your risk of eye disease and vision loss.

"Daily Checkup: Glaucoma is a 'silent thief' of eyesight," Katie Charles, nydailynews.com, Oct. 12, 2014.

"What Can I Do to Prevent Glaucoma?" Glaucoma Research Foundation, glaucoma.org, accessed Dec. 9, 2014.

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# Warning Signs That You're VITAMIN DEFICIENT

**When your body is trying to tell you that you're low on essential vitamins, it may send you some signals you may not recognize. Here's a look at some unexpected warning signs of vitamin deficiencies and the best ways to remedy them.**

## Crazy muscle cramps in toes, calves, arches of feet and backs of legs

**DEFICIENCY:** Magnesium, calcium and potassium

**REMEDY:** Try adding more of these foods to your diet: bananas, almonds, hazelnuts, squash, cherries, apples, grapefruit, broccoli, bok choy, and dark leafy greens, such as kale and spinach. For calcium, eat more dairy products like milk, yogurt and cheese; vegetables, such as kale and broccoli; and calcium-fortified cereals and grains.

## Cracks at the corners of your mouth

**DEFICIENCY:** Iron, zinc, and B vitamins like B3 (niacin), B2 (riboflavin) and B12

**REMEDY:** Eat more of these foods: red meat, poultry, salmon, tuna, eggs, oysters, clams, sun-dried tomatoes, Swiss chard, tahini, peanuts, and legumes like lentils. Try combining any of these foods with veggies like broccoli, red bell peppers, kale and cauliflower for a natural vitamin combo. Nutrients like iron are enhanced when paired with vitamin C.

## Tingling, prickling and numbness in hands, feet or elsewhere

**DEFICIENCY:** B vitamins like B9 (folate), B6 and B12

**REMEDY:** Eat more of these foods: spinach, asparagus, beets, beans (pinto, black, kidney, lima), eggs, octopus, mussels, clams, oysters and poultry. For vitamin B9, eat more of these foods: beans; citrus fruits; dark, leafy vegetables; and meats like poultry, pork and shellfish.

## Red or white acne-like bumps, typically on the cheeks, arms, thighs and butt

**DEFICIENCY:** Vitamins A and D and essential fatty acids

**REMEDY:** For vitamin A, eat plenty of leafy greens and colorful veggies and fruits like apricots, papaya, peaches, carrots, red bell peppers and sweet potatoes. For vitamin D, get more sun exposure and eat more foods like cod liver oil, salmon, or dairy products that have been fortified with vitamin D.

## A red, scaly rash on your face (and sometimes elsewhere) and hair loss

**DEFICIENCY:** Vitamin B7 (Biotin), also known as the hair vitamin

**REMEDY:** Opt for more of these foods: cooked eggs, salmon, avocados, mushrooms, cauliflower, soybeans, nuts, raspberries and bananas.

"How Your Body Signals That You're Vitamin Deficient," Wendy Schmid, yahoo.com, Oct. 20, 2014. "Nutritional Deficiencies (Malnutrition)," Kati Blake, healthline.com, July 26, 2012.

# Sleeping in Cooler Temperatures Could Benefit Your Health

**Before you cozy up this season, you might want to consider keeping the thermostat down. That's because a cooler slumber may have some calorie-burning health benefits.**

**Cool temperatures can promote the growth of brown fat, a special kind of fat that burns energy in your body. Brown fat may also improve your metabolic health and could protect against the development of obesity and diabetes. That's because it can actually help your body burn calories and get rid of excess blood sugar, according to Dr. Francesco Celi, chair of Virginia Commonwealth University's division of endocrinology and metabolism.**

**Research shows that keeping your skin temperature perfectly comfortable is key when it comes to maintaining deep, restful sleep. The bottom line is that keeping your head nice and cool is beneficial to good sleep. And to achieve that, research suggests setting your thermostat somewhere around 65 degrees.**

"You Asked: Is Sleeping in a Cold Room Better For You?" Markham Heid, time.com, Nov. 26, 2014.

"Sleeping In A Cool Environment May Boost Your Metabolism, and Here's Why," Jacqueline Howard, huffingtonpost.com, Aug. 6, 2014.