

## January Snippets

### National Glaucoma Awareness Month

#### *Glaucoma is the leading cause of preventable blindness*

Known as “the sneak thief of sight”, an individual with glaucoma can permanently lose as much as 40% of their vision before they even realize significant vision is lost. Although it most commonly affects individuals in their middle-ages and later years, glaucoma can affect people of all ages. Those at higher risk include people of African, Asian, and Hispanic descent; people over the age of 60; family members of those already diagnosed; diabetics; and people who are severely nearsighted. There is no cure for glaucoma, but medication and surgery can slow or prevent further vision loss.

The stealth and severity of glaucoma proves why early detection is critical. It can be detected during a comprehensive eye examination. If your eye doctor does detect glaucoma, you can begin treatment immediately. In general, experts recommend an eye exam every two years for individuals 18-60 years old, and annually for individuals age 61 and older.

To learn more about glaucoma, log in to your SimplyWell member portal. Under the **Resources** mega menu, mouse over **Education Modules** and click on **View all education modules**. Then enter in the keyword *Glaucoma* to generate educational modules that discuss what it is and how it can be treated.

Source: [Glaucoma Research Foundation](#)

### National Radon Action Month

#### *Testing is the only way to know your level of exposure to radon*

Radon is a naturally occurring radioactive gas that can cause lung cancer. In fact, it is the leading cause of lung cancer deaths among nonsmokers in the U.S. The good news is that exposure is preventable and testing the radon levels in your home can help prevent unnecessary exposure. Testing is easy and affordable. If a high level of radon is found in your home, there are steps you can take to fix the problem and protect yourself and family.

This January, take the time to Test, Fix and Save a Life.

For more information, please visit [www.epa.gov/radon](http://www.epa.gov/radon).

Source: [United States Environmental Protection Agency](#)

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## National Folic Acid Awareness Week, January 8-14, 2017

### *Take a daily multivitamin with 400 mcg of folic acid to help prevent birth defects*

Start the New Year off right by taking a multivitamin with 400 micrograms (mcg) of folic acid, every day. Folic acid is an essential B-vitamin; necessary for proper cell growth. The CDC and the U.S. Public Health Service recommend that all women between the ages of 15 and 45 consume 400 mcg of folic acid daily to prevent two types of neural tube defects – spina bifida and anencephaly. It is important to have enough folic acid in your body **before** becoming pregnant as well as during early pregnancy because birth defects of the brain and spine develop within the first few weeks of pregnancy. Even if you don't plan on becoming pregnant, consuming folic acid is an important part of a healthy lifestyle. If you decide to have a baby in the future, you will want your body to be as healthy as it can be.

There are two easy ways to be sure to get enough folic acid:

1. Take a vitamin that has folic acid in it every day.  
**OR**
2. Eat a bowl of breakfast cereal that has 100% of the daily value of folic acid every day.

To learn more about folic acid and the importance of it, log in to your SimplyWell member portal. Under the **Resources** mega menu, mouse over **Education Modules** and click on **View all education modules**. Then enter in the keyword *Folic acid* to generate educational modules that discuss folic acid.

Source: [National Birth Defects Prevention Network](#)