



CHATTING ABOUT HEALTH



Glaucoma

Glaucoma refers to a group of conditions that damage the optic nerve and can cause vision loss.

- About 3 million Americans have glaucoma. *About half of them don't even know.*
- There is no cure for glaucoma.
 - Early diagnosis and treatment can help preserve vision.

Anyone can get glaucoma

Groups at higher risk of glaucoma include:

- African Americans over age 40
- Anyone over age 60
- People with a family history of glaucoma
- People with diabetes

Lower your risk of vision loss from glaucoma

- Get a comprehensive dilated eye exam.
- Talk to family members to find out if you have a family history of glaucoma.
- Maintain a healthy weight.
- Control blood pressure.
- Stay physically active.
- Avoid smoking.

Learn more about glaucoma from CDC



<https://www.cdc.gov/visionhealth/resources/features/glaucoma-awareness.html>

Radon Tests Available



- Radon is an odorless, invisible, radioactive gas that is naturally released from rocks, soil, and water.
- 1 in 15 homes in the US has high radon levels.
- Radon is the second leading cause of lung cancer in the US.
 - Smoking is #1.
- Testing your home is the only way to know if radon levels are high.

Chatham Health District has a limited number of free radon tests available for residents.

Call the office at (860) 365-0884 to reserve your free test

Learn more about radon from CDC



<https://www.cdc.gov/radon/index.html>

January is Healthy Weight Awareness Month

Maintaining a healthy weight is important for overall health.



People who have obesity are at increased risk of a variety of serious diseases and health conditions including the following:

High blood pressure

Type 2 diabetes

Osteoarthritis

Sleep apnea

Some types of cancer

Many factors can contribute to achieving and maintaining a healthy weight.

Healthy Eating

Emphasize fruits, vegetables, whole grains, fat-free or lowfat dairy. Include a variety of lean proteins. Limit sugar, sodium, saturated and trans fats and cholesterol.



Physical Activity

Regular physical activity has short- and long-term health benefits including improved brain health, reduced disease risk, stronger bones and muscles, and improved ability to do everyday activities.



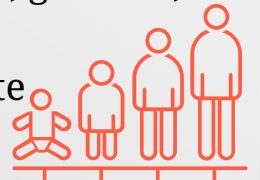
Sleep

The average adult needs 7 or more hours of sleep per night. The quality of sleep you get is also important.



Other Factors

Other factors like age, genetics, diseases, medications, and environment can contribute to overweight and obesity.



<https://www.cdc.gov/healthyweight/index.html>

Learn more from CDC



FLU AND COVID-19 VACCINES & BOOSTERS

Visit CDC to learn more about current COVID-19 vaccine recommendations : <https://www.cdc.gov/coronavirus/2019-nCoV/vaccines/stay-up-to-date.html>



Chatham Health District will be offering flu and COVID-19 vaccines this year.

Visit our website chathamhealth.org to see our clinic schedule



[WWW.CHATHAMHEALTH.ORG](https://www.chathamhealth.org)

