



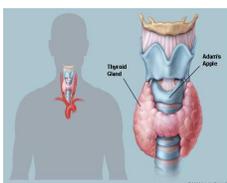
## The Wellness Watch

promoting healthy lifestyles

January 2015

### THYROID Awareness Month

Your thyroid is a small, butterfly-shaped gland located just below your Adam's apple.



#### What does the thyroid do?

The thyroid gland takes iodine, found in many foods, and changes it into two hormones; thyroxin (T4), and triiodo-tyronine (T3).

These hormones help regulate:

- ◆ **Metabolism:** every cell in your body uses T4 and T3 to convert food and drink into energy.
- ◆ **Growth and Development:** including physical, mental and sexual.
- ◆ **The Nervous System:** by increasing blood flow, regulating blood pressure, increasing strength of heart beats, and improving digestion.

#### What makes the thyroid do its thing?

Two other glands, the hypothalamus and the pituitary, both located in your brain, work together to control levels of T3 and T4 in your thyroid.

#### What if the thyroid isn't functioning right?

There are three ways the thyroid can malfunction:

- ◆ **Hyperthyroidism** – excess production of thyroid hormone (aka overactive thyroid). Symptoms include:
  - nervousness
  - agitation
  - weight loss
  - irritability
  - tremors
  - heat intolerance

- ◆ **Hypothyroidism** – low production of thyroid hormone (underactive thyroid). Symptoms include:
  - obesity
  - dry skin and hair
  - low blood pressure
  - sensitivity to cold
  - sluggish body functions; decreased energy, slowed thinking/mental processes, constipation, etc
- ◆ **Goiter** – enlargement of the thyroid gland to compensate when there is not enough thyroid hormone.

#### How do we test for thyroid problems?

A blood test to measure the amount of TSH, T4 and T3 is used to diagnose thyroid problems. Depending on these results, other tests may be ordered.

#### How are thyroid conditions treated?

- ◆ **Hyperthyroidism:** often treated using radioactive iodine or medications. Sometimes surgery is done to remove all or a portion of the thyroid.
- ◆ **Hypothyroidism and Goiter:** usually treated by replacing the missing thyroid hormone with thyroid medications.

#### What should you do?

If you are having the symptoms listed above, talk to your doctor about getting checked. If you are diagnosed with a thyroid condition, follow your doctors recommendations for treatment.

### Tech Corner

#### TOP NUTRITION TIPS!



Description: This amazing FREE app gives you hundreds of interesting and useful nutrition, diet, & weight loss tips plus nutritional health facts to help you and your family enjoy a safe and healthy diet! Referenced from Nutrition.gov, USDA.gov, and the Food and Nutrition Information Center. Available in Android and iOS.

# GLAUCOMA: KNOW THE FACTS AND SAVE YOUR SIGHT

1. Glaucoma causes damage to the eye's optic nerve, which can lead to a loss of vision or blindness.
2. The eyeball contains fluid. This fluid circulates in and out of the eye, but if it drains too slowly pressure builds up. This pressure can damage the optic nerve.
3. The amount of pressure needed to cause damage varies from person to person. That is why it is so important to have regular eye exams.
4. Everyone can develop glaucoma. Those at greatest risk include Black Americans over age 40, anyone over age 60 – particularly Hispanic Americans and individuals with a family history of glaucoma.
5. A leading cause of glaucoma is high blood pressure or poorly controlled diabetes.
6. If glaucoma goes untreated, you will slowly lose your side vision (peripheral). This will progress and you then lose straight ahead vision until you are completely blind.
7. Glaucoma is treated with medications, surgery, or a combination of these.
8. Early treatment can save your vision, but cannot help recover vision already lost to this disease.

***If you have not had an eye exam recently, make an appointment today with your PCP, an Optometrist or an eye specialist !***



## Featured Food: Oranges

**Juicy and sweet, oranges make the perfect snack and add a special tang to many recipes; it is no wonder that they are one of the most popular fruits in the world.**

Oranges and other citrus fruits contain important nutrients, including Vitamin C, Vitamin A (carotenoids), Vitamin B1, copper, potassium, calcium and fiber.

### Health Benefits :

- Improving your immune system, preventing colds, reducing recurrent ear infections and other illnesses.
- Preventing diseases and cancers of the intestinal system, throat and mouth, stomach, breast and skin.
- Lowering high blood pressure and LDL (bad) cholesterol; therefore, reducing the risk of heart disease and strokes.
- Helping prevent macular degeneration, improving night vision and helping reduce the risk of cataracts.
- Preventing arthritis, asthma, Alzheimer's, diabetes, kidney stones, and overweight/obesity.

**Vitamin supplements** do not provide the same protective benefits as consuming the fruit or its juice.

- The nutrients are absorbed better when consumed in the whole fruit.
- The peel and inner white pulp of the orange has more fiber and phytonutrients than the fruit inside, making the whole fruit more beneficial than the orange juice.

### Selecting and Storing Oranges:

- Color does not indicate ripeness. Green and pale colored oranges can be ripe and nutritious.
- Oranges can be stored at room temperature or in the refrigerator. They will last the same amount of time, two weeks, with either method.
- Because mold can develop if oranges are kept in a plastic bag, the best way to store oranges is loose.

Nutrient	Amount	% of DR*
Vitamin C	69 mg	93
Fiber	3.1 g	13
Folate	39 mcg	10
Vitamin B1	0.11 mg	9
Potassium	237 mg	7
Copper	0.06 mg	7
Pantothenic	0.33 mg	7
Calcium	52.4 mg	5

\*% of daily requirement

**SO..... GRAB AN ORANGE AND ENJOY!**

**Important Notice:** *The Wellness Watch* is intended to provide useful information and does not replace the advice of your health care provider.