



# BMC HEALTH LETTER

Volume 2 June 2021

## Cataract Awareness Month

June is cataract awareness month. Cataracts is a common vision problem that is easily corrected with outpatient surgery. Overtime the lens of the eye gradually becomes cloudy making vision blurry. Cataracts causes colors to appear dull and causes poor night vision. Besides normal lens tissue aging, cataracts can be caused by injury to the eye and be the result of some medical conditions.

If you notice changes in your vision, make an appointment with an eye doctor or optometrist to have an eye exam. Prescription glasses may help to improve your vision and a test can be done to screen for cataracts. If diagnosed with a cataract, the optometrist can monitor its progression and assist you in taking steps to have the cataract removed.

Bibb Medical Center is proud to offer cataract surgery as an outpatient service. During this painless, relatively short surgery, the cloudy eye lens will be removed and an artificial intraocular lens will be put in its place. Often, a patient immediately experiences better vision.

Dr. Michael Eddins, M.D. of Eye Health Partners and VisionAmerica works with Dr. David Allgood, Optometrist to provide patients with cataract surgery every month here at BMC. Dr. Eddins obtained his medical degree from UAB School of Medicine. He is a graduate of the Medical College of Wisconsin's ophthalmology residence program.

### Reducing Your Risk

- Wear sunglasses with ultraviolet radiation protection
- Wear protective eyewear when injury to the eyes is likely
- Monitor your blood pressure and blood sugar to keep it in a healthy range.
- Do not smoke
- Maintain a healthy body weight
- Talk to your doctor about your medications and any potentially harmful side effects that affect vision

### Vitamins for Vision

Did you know that a diet full of antioxidants can help reduce your risk for cataracts? Antioxidants like Beta-Carotene, Vitamin C, vitamin E and selenium help fight against free radicals that are produced in your body. They also help fight chronic inflammation and can help prevent heart disease, plus, antioxidants are widely available in a variety of foods. Colorful fruits, berries, vegetables, nuts and seeds are all great sources of antioxidants and a smoothie is a great way to start the day with antioxidants.

Mix and match to find your favorite flavor. Smoothies are a great way to include more fruits, veggies, and seeds into your diet. The more natural colors you eat, the more nutrients!

#### RED

Frozen strawberries, cherries  
beets  
chia seeds  
milk of choice

#### ORANGE

Frozen mango, pineapple  
Carrots or pureed pumpkin  
Pumpkin Seeds  
Orange juice

#### GREEN

green apple  
Frozen spinach or kale  
Flax seeds  
Coconut water

#### PURPLE

Frozen Berries  
peanut butter  
yogurt  
almond milk