



June 16th, 2012

The Eyes Have It

As with the rest of your body, your eyes can begin to deteriorate with age. Some problems are well known, such as cataracts, and others are annoying, such as dry eye. See your eye-care professional regularly and schedule an extra visit if you notice any of these symptoms:

- Pain
- Focus problems
- Dark spots in your vision
- Redness
- Change in iris colour
- Discharge

Age-related macular degeneration is a condition of the eye where the part of the retina used for sharp visual focus breaks down. If you notice blurred vision and/or difficulty reading or seeing other details in your centre of vision, see your doctor. Early detection is the key to successful treatment and your eye-care professional can usually detect the signs before vision is affected. Left untreated, macular degeneration can progress to blindness.

Good eye health makes every day look a little better!

Get the Best Rest

If you are suffering from insomnia or poor quality sleep, turning to sleep medication is not always the best option; behavioural changes tend to be more effective!

- Don't use your bed for working, watching television, etc. and
- Only go to bed when sleepy.
- Practice relaxation techniques such as progressive relaxation
- Try sleep restriction - reduce the time you spend in bed to train yourself to have quality sleep.

Take a Stand For Your Glands

Thyroid disease can be a difficult condition to diagnose at the best of times – but more so in the elderly population. In particular, seniors with hyperthyroid (overactive) are more likely to experience depression and excessive weight loss. This condition also stresses the heart, resulting in heart failure (shortness of breath, fatigue, weakness, swollen ankles) and atrial fibrillation. Ensure your doctor checks your thyroid if you experience any of these symptoms.

Growing older can bring a special set of circumstances to your health situation – some more serious than others. Don't ignore the changes. Talk to our pharmacists for advice on managing or referral for follow-up.