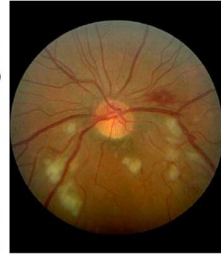




High Blood Pressure

High blood pressure occurs when the force of blood against the walls of blood vessels is too high to keep the vessels healthy. Blood pressure is recorded as two numbers – the systolic pressure (as the heart beats) over the diastolic pressure (as the heart relaxes between beats). The measurement is written with the systolic number on the top and the diastolic number on the bottom (e.g. 120/80). High blood pressure is a major risk factor for heart disease (number one killer in the U.S.), stroke, and heart failure. About 50 million adults in the U.S. have high blood pressure, occurring at a rate of about one in four adults for those over the age of 20 years. That number is almost



doubled in African American adults. Other racial and ethnic groups have rates that are similar in comparison to the general population. The blood pressure must be very high over a sustained period of time to cause vision problems, but the likelihood of having vision loss from high blood pressure is increased for people with diabetes.



What can you do to reduce your risk?

- Have blood pressure check by health provider every one to two years
- Follow the doctor's instructions to control levels
- Yearly eye exam by an eye doctor
- Control your weight with good nutrition and exercise
- No tobacco products

"Protect Your Vision-Protect Your Life"

Contact an NOA Optometrist today!

877-394-2020

Resources

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Healthy People 2020: Three Silent Killers



National Optometric Association



Eye and Vision Care

"Protect Your Vision- Protect Your Life"

Healthy People 2020 (HP2020) details the nation's public health agenda for the next ten years with specific objectives to prevent disease and promote health. The objectives were created by the Healthy People Consortium, which included the National Optometric Association (NOA) and other national and state organizations and agencies, under the supervision of the Office of Disease Prevention and Health Promotion. As a major supporter of HP2020, the NOA has as its primary objective the promotion of eye and general health care among minority groups with a focus on the prevention of such morbidities as diabetic eye disease, glaucoma, and high blood pressure – what the NOA refers to as the "Three Silent Killers" – as well as uncorrected refractive error, cataract, and age-related macular degeneration (AMD). Although age is a primary factor for such conditions, race and ethnicity are associated factors in the prevalence of diabetic eye disease, glaucoma, and high blood pressure. The "Three Silent Killers" strike minority groups more than any other racial and ethnic group in the U.S., robbing them of their sight and possibly their life. Only routine care can help stop these killers before it is too late.



2020 Vision Objectives:

- Increase the number of adults who receives annual eye exams
- Reduce visual impairments due to diabetic eye disease, glaucoma, uncorrected refractive error, cataract, and age-related macular degeneration (AMD).
- Reduce the number of adults, children and adolescents with high blood pressure
- Increase the number of adults with diabetes who receive an annual dilated eye exam

Glaucoma

Glaucoma is a group of eye diseases that slowly causes optic nerve damage leading to vision loss. If untreated, it can lead to blindness in 3 to 15 years, depending on the prevalence of personal risk factors. Glaucoma occurs in one in 50 people in the U.S. People of African descent are six to eight times (one in seven) more likely to develop glaucoma than people of other racial or ethnic groups. In African Americans, glaucoma occurs at a younger age, is more severe, and is the number one leading cause of blindness. The prevalence of glaucoma in U.S. Hispanics has been reported at six percent in individuals 41 years of age and older, and as high as 12 percent in those 80 years of age and older. Normal tension glaucoma (glaucoma with normal eye pressure) has been reported at a higher rate in Asians. Advancing age is a major risk factor for all individuals, increasing the occurrence 4 to 10 times in those over 40 years of age.



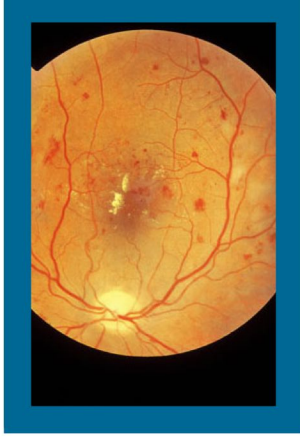
Above: An optic nerve with glaucoma.
Right: This is what happens to your vision with glaucoma.



What can you do to reduce your risk?

- Have an eye exam by an eye doctor every year
- Be compliant with your doctors instructions and treat the problem early to prevent vision loss or blindness

Diabetes



Diabetes is a group of diseases in which there are abnormalities in the control of blood glucose (sugar) as a result of defects in either the production of the hormone insulin or in insulin's action in the body. Diabetes is more common in U.S. minority populations, especially African Americans, American Indians, and Hispanics, than in other groups. According to the American Diabetes Association, diabetes affects an estimated 23.6 million people, with 5 million undiagnosed, and is the 7th leading cause of death in the United States. Diabetic eye disease is the most common cause of new blindness in all adults between 20-74 years of age. Vision loss from diabetes can be prevented in over 90% of cases. An estimated 50% of diabetic eye disease cases are found too late for treatment to be very effective.

What can you do to reduce your risk?

- Have a dilated eye exam performed by your eye doctor every year
- Control your blood glucose and blood pressure levels
- Control your weight with good nutrition and exercise
- See your eye doctor if you notice sudden changes in vision
- Do not use tobacco products

