Health-E-Living
Your Wellness Newsletter

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H E A L T H

M O N T H

UNIVERSITY OF MIAMI
PATTI & ALLAN HERBERT
WELLNESS CENTER
Millions of modern American workers spend several hours a day typing and staring at computer screens. Health experts are just discovering the devastating effects it can have on your vision.

**What is CVS?**

Computer Vision Syndrome (CVS) describes a group of eye and vision-related problems that result from prolonged computer use. Many individuals experience eye discomfort and vision problems when viewing a computer screen for extended periods. The level of discomfort appears to increase with the amount of computer use.

The most common symptoms associated with Computer Vision Syndrome (CVS) are: eye strain, headaches, blurred vision, dry eyes, and neck and shoulder pain.

**What causes CVS?**

CVS is commonly caused by: poor lighting, glare on the computer screen, improper viewing distances, poor seating posture, uncorrected vision problems, or a combination of these factors. People who spend two or more continuous hours at a computer every day are at the greatest risk for developing CVS.

**How is CVS treated?**

Solutions to computer-related vision problems are varied. However, CVS can usually be alleviated by obtaining regular eye care and making changes in how you view the computer screen.

**Eye Care:**

In some cases, individuals who do not require the use of eyeglasses for other daily activities may benefit from glasses prescribed specifically for computer use. In addition, persons already wearing glasses may find their current prescription does not provide optimal vision for viewing a computer.

Some computer users experience problems with eye focusing or eye coordination that can't be adequately corrected with eyeglasses or contact lenses. A program of vision therapy, during which visual activities are prescribed to improve visual abilities, may be needed to treat these specific problems.

**Viewing the Computer**

Location of computer screen - Optimally, the computer screen should be 15 to 20 degrees below eye level (measured from the center of the screen) and 20 to 28 inches from the eyes.

Lighting - Position the computer screen to avoid glare, particularly from overhead lighting or windows. Use blinds or drapes on windows and lower wattage light bulbs in lamps.

Anti-glare screens - If there is no way to minimize glare from light sources, consider using a screen glare filter.

Rest breaks - Rest your eyes for 15 minutes after two hours of continuous computer use. Also, for every 20 minutes of computer viewing, look into the distance for 20 seconds to allow your eyes a chance to refocus.

Blinking - Make an effort to blink frequently. Blinking keeps the front surface of your eye moist.

*Click here* for more details on Computer Vision Syndrome.
Eye-Damaging UV Rays

UV rays are invisible, high-energy light beams that radiate from the sun all year round. They pass through haze and thin clouds, and reflect off bright surfaces, such as water, snow, white sand and pavement. Artificial light sources, such as tanning beds and welding machines, also produce UV radiation.

Brief but intense UV contact may cause corneal sunburn. It is rare and there is no permanent damage, but it can cause discomfort for a few days. While short-term UV overexposure may cause immediate pain, the damage caused by long-term exposure develops so slowly that it is not felt. Without eye protection, small amounts of UV light over many years can aid the development of cataracts and age-related macular degeneration (AMD), leading causes of vision loss among older Americans. Long-term UV exposure may also contribute to the gradual development of skin cancer around the eyelids and abnormal growths on the eye’s surface.

Who Is Most at Risk?

No one is immune to UV-related eye damage, which can occur during all daylight hours, year-round. Certain circumstances, however, put eyes at a greater risk:

• **Young eyes**: Children’s eyes are especially vulnerable, as they are less able to provide sun protection than those of adults.
• **Outdoors**: Those who work or play in the sun for long periods need to be particularly careful.
• **Indoors**: UV radiation levels are much greater in a tanning booth than outdoors.
• **When and where**: Your risk of eye damage is highest between 10 a.m. and 3 p.m., and during summer. Where you live may be a factor, too, as UV levels increase closer to the equator and intensify at high altitudes.

Protection: Don Those Shades!

Whenever you are outdoors during the day, even during winter and on cloudy days, protect your eyes in the following ways:

• Wear sunglasses or prescription eyeglasses with photochromic (such as Transitions®) lenses, or select lenses that filter out 99-100% of both UV-A and UV-B rays.
• Wear a wide-brimmed hat or cap, which will block about half of UV rays.
• Always wear protective goggles when using a tanning bed or welding machine.
• Eat a healthy diet. A diet rich in brightly colored fruits and vegetables helps reduce the risk of sun damage.
• Remember that UV rays reflect off bright surfaces, making it critical—especially for children—to wear sunglasses and hats at the beach, swimming pool or playground.

Click here for the source article.
Abdominal Backstroke

This is an intermediate exercise that is great for anyone who needs to improve core strength and endurance. The movement pattern also may help to improve shoulder mobility.

Step 1: Begin in a crunch position with the shoulders off the ground. Check to make sure you are in good postural alignment with the shoulders depressed and retracted, spine straight, and core engaged. Place your hands to the side with palms facing up.

Step 2: While holding the crunch, perform a backstroke motion with one hand. Allow the eyes to follow the hand motion.

Step 3: Once the hand motion has been completed alternate sides.

JUMPSTART YOUR ROUTINE

Beef Tenderloin Steaks with Port Reduction & Blue Cheese

Lean beef is an excellent source of the mineral zinc that helps the body absorb antioxidants and fight disease. Studies have found a relationship between zinc intake and eye health, particularly retina health. Click here for more foods and recipes that support eye health.

Ingredients:
4 (4-ounce) filet mignon steaks, trimmed
1/4 teaspoon salt
1/4 teaspoon black pepper
3/4 cup port or other sweet red wine
2 tablespoons jellied cranberry sauce
2 tablespoons fat-free, less-sodium beef broth
1/8 teaspoon salt
1/8 teaspoon black pepper
1 garlic clove, minced
2 tablespoons crumbled blue cheese

Directions:
1. Heat a large cast-iron skillet over medium-high heat. Sprinkle steaks with 1/4 teaspoon salt and 1/4 teaspoon pepper; coat steaks with cooking spray. Add steaks to pan; cook 4 minutes on each side or until desired degree of doneness. Remove steaks from pan; keep warm.
2. Add port, cranberry sauce, broth, 1/8 teaspoon salt, 1/8 teaspoon pepper, and garlic to pan, scraping pan to loosen browned bits. Reduce heat, and cook until liquid is reduced to 1/4 cup (about 4 minutes). Serve steaks with sauce; top with cheese.

Source & Nutritional Information Here
STUDIO CYCLING AND YOGA

Get unlimited access to Studio Cycling and Yoga classes with a semester pass! Passes are on sale now at a discounted price for both Studio Cycling and Yoga. Prices are listed below:

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<thead>
<tr>
<th></th>
<th>Studio Cycling</th>
<th>Yoga</th>
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<tr>
<td>Student Member</td>
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<td>$45</td>
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<tr>
<td>Non-Student Member</td>
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</table>

Not sure if you are ready to commit to a full semester? Pay for a one-time pass and come back to the Sales Office within 7 days to credit that pass towards the purchase of a full semester pass!

COMMUNITY CLASSES

The Herbert Wellness Center has something for everyone! You don’t have to be a member to take advantage of the many programs we have to offer. From Martial Arts to swim classes, you are bound to find something you enjoy. Click here for a list of all available Community Classes.

Community Classes Session II Registration dates: Monday 3/17 – Friday 3/28

Cooking Classes

Perfect for date nights or just a fun night out with friends! All classes run from 6:30 – 8:30 p.m.

Check out the upcoming classes below:

Thursday 3/27..............La Cucina Italiana
Wednesday 4/9..............Bake Boss

Want to plan a private cooking class for your next event? Contact Elena Fajardo e.fajardo1@umiami.edu for details.

CPR and First Aid Classes

We offer basic CPR, AED and First Aid training as well as a more advanced CPR for Health Care Providers. Class dates listed below:

Heartsaver CPR with AED:
   Tuesday, 3/25  5:30 – 7:30 p.m.
   Thursday, 4/17  5:30 – 7:30 p.m.

Basic Life Support for Healthcare Providers:
   Wednesday, 3/5  3:30 – 7:30 p.m.
   Friday, 4/4   3:30 – 7:30 p.m.
   Tuesday, 4/22  3:30 – 7:30 p.m.

The above classes have limited space and are available for online registration. You must pay at time of registration. If you wish to cancel, you must do so at least 24 hours in advance. No refunds will be given for cancellation within 24 hours.

FREE STUFF!!

Cycle 101

Want to try a studio cycling class but you don’t know where to start? Now you can try a FREE afternoon beginner class! You must be a Wellness Center member or a paying guest to participate. Classes are every Wednesday from 12:00 – 1:00 p.m. and Thursday from 11:15 – 12:00 p.m.

Meditation Classes

There is more to fitness than cardio and weightlifting. Take advantage of a free meditation class to work on your overall mental health. Registration for this class is required. Contact the Sales Office for details (305-284-5433) or register online.

Join us for our upcoming classes:
   Thursday, March 20th from 7:30 – 9:00 p.m.
   Tuesday, April 15th from 7:30 – 9:00 p.m.
I just saw the Herbert Wellness Center installed outdoor circuit equipment behind the building. The weather is nicer so I would prefer to use that to take advantage of the fresh air. I’ve been working out for a while and I’m familiar with the types of machines that are out there, but I wanted to know if there are any special precautions I should take when exercising outside as opposed to inside?

You’ve found our latest little addition to our Wellness Center! We are very excited to have it as an exercise option for our campus community via our campus UMOVE initiative. The equipment out there is easy to use regardless of fitness level or experience so I think you will do just fine. The one thing I can think of that will be a challenge to overcome is wearing appropriate eye protection. March is Eye Health Awareness Month so it’s an appropriate topic for discussion. When you’re outside you’ll be exposed to direct sunlight which is something you don’t encounter inside. With this comes UV rays and sun damage to skin and eyes. Here are two things to remember and consider when exercising outside and your eyes:

1. Wear sunglasses. They protect your eyes from the harmful UV rays and they keep you from squinting (no crow’s feet here!) UV rays and other rays can play a role in the development of cataracts and macular degeneration. If you’re fair-skinned, you’ll be at a greater risk for the latter. Make sure your sunglasses have 100% UV protection because it’s the blue-violet part of the spectrum that hits the retina. The best types of sunglasses to block those rays are amber-orange-brown commercial sunglasses. Don’t forget, you can also wear a hat for extra protection!

2. Keep your contacts out of your mouth! The chance for debris and dirt getting into your contact lenses will be higher outside. You won’t be able to easily access contact solution if it is in your locker. This leaves you with the option of putting it in your mouth (not recommended!), rubbing it out or hoping it stops on its own. Any of these options cause damage to your eye which could be just simple irritation or something major like a corneal ulcer. Consider wearing sunglasses (see #1 for benefits) to keep stuff out of your eye.

The biggest benefit to having this equipment outside is that it will hopefully motivate people to step away from their desks/offices for a little while. It’s always good to give your eyes a break from activities that demand prolonged staring. When we are focused on these types of tasks, we’re not blinking as much, which means the eyes aren’t getting lubricated and will be irritated. Not to mention, getting up and moving will help to wake you up, refresh you, get blood circulating (which can lower eye pressure), and give you a few steps on your pedometer (GO WALKING CANES!) As always, early detection is the key so make sure you’re seeing your doctor for regular health exams especially if diabetes or other systemic conditions run in your family. Hopefully you’ll continue to enjoy using the outdoor fitness equipment and when the weather is bad, you’ll visit us inside the Herbert Wellness Center.

Smokers are up to **FOUR TIMES** more likely to go blind with old age.

- Cataracts are the leading cause of vision loss. Studies show people who smoke tobacco **DOUBLE** their risk of developing cataracts.
- Studies show smokers can have a **THREE-FOLD** increase in the risk of developing age-related macular degeneration compared with people who have never smoked.

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**STUDENT SECTION**

**Special Event Registration**

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<thead>
<tr>
<th>Sport</th>
<th>Deadline</th>
<th>Cost</th>
<th>Capts. Meeting</th>
<th>Play</th>
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<tbody>
<tr>
<td>Table Tennis Doubles Tournament</td>
<td>3/18</td>
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<td>On Site</td>
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<td>Golf Tournament (Biltmore)</td>
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<td>4/8 or 4/9 @ 2 p.m.</td>
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<td>$38 - Faculty &amp; Staff</td>
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