

SHOUT OUT!



This month, the winners were:

The grand prize winner was: Kelly, Lead MA, for "leading Jackson and lone and making it look easy. You rock!"

The second runner-up was: Dr. Wheadon, Sonora Dental, "for always being so helpful and positive".

The first runner-up was: Trenton, Workforce Investment Trainee, "for helping a patient having car troubles".

From the Desk of

John Alexander
Executive Director

In this issue, we continue our topic-focused presentation of health news. But we also want to make sure that our patients in Mariposa know we are here to support their fight for federal recognition! Enjoy this month's news.

Women's Eye Health

For people of all ages, races and gender, vision and eye health is an important and often overlooked part of health care. This is especially true for women, who are busier than ever in today's fast paced world. Scheduling a routine eye exam may not always be a high priority item.

Whether working full time, studying to advance their education and/or raising a family, women have plenty of other things vying for their time. To promote and raise awareness on women's eye health and the value of routine eye care, Prevent Blindness America has designated April as Women's Eye Health and Safety Month.

With the growing number of single-parent households, more responsibility is placed on mothers. Whether it's driving to the grocery store, helping with a child's online homework, or chopping firewood, each of these visually-related tasks requires optimal vision and focusing (not to mention protection from flying objects!). When eye and vision related problems go undiagnosed, routine day-to-day tasks can become increasingly challenging and unpleasant. Correcting vision with a simple pair of prescription glasses or contact lenses can go a long way in improving quality of life.

Also, with the growing rates of obesity, metabolic syndrome and type 2 diabetes in our country, complications from these and other systemic conditions can have a significant impact on vision, and potentially lead to blindness. Visual changes can also occur in younger women during pregnancy (eg. gestational diabetes). While metabolic disorders like type 2 diabetes tend to affect males more than females, women with any of these risk factors should have a routine eye exam to rule out sight-threatening eye disease.

Several additional lifestyle precautions can be taken to prevent eye disease and vision loss as well. These include eating a diet rich in vegetables and low in sugar, prioritizing sleep and exercise, and avoiding smoking or other smokeless tobacco/nicotine products. Wearing eye protection for ultraviolet rays from the sun can also reduce the risk of various eye diseases such as cataracts.

Those with a positive family history for eye disease (eg. glaucoma, macular degeneration) are also at an increased risk for developing these conditions later in life.

Call MACT optometry today to schedule your next comprehensive eye exam at (209) 755-1480. We are conveniently located in San Andreas with our dental and medical departments.

Dr. Kevin Cornwell
Optometrist

April is Women's Eye Health and Safety Month

Prevent Blindness America has deemed April as Women's Eye Health and Safety Month. Women are at higher risk for developing all forms of eye diseases including: cataracts, age related macular degeneration, glaucoma and dry eye. Women who are pregnant or going through menopause may experience fluctuations to their vision due to hormonal changes. Women are often responsible for the eye health of their families as they are often the ones to schedule appointments and act as caregivers for parents, in-laws, children and other relatives.

This month is a perfect time to highlight the importance of women ensuring they are getting eye care themselves.

Tips to keep your eyes healthy:

- Exercise: aim for 30 min 5x/week of movement
- Quit smoking: smoking increases your risk of all eye diseases
- Manage your blood sugar: diabetes is the leading cause of blindness in adults over age 40 in the US
- Eat your vegetables: aim for 6+ servings of veggies per day "eat the rainbow"
- Wear UV Blocking sunglasses and a broad brimmed hat while outdoors
- Know your family history of any eye diseases
- Never share cosmetics used around the eye
- Do not over-wear contact lenses
- Get your eyes checked every 1-2 years



Call 209-755-14780 to schedule your next appointment with Drs. White and Cornwell today!

Dr. Kristin White, OD

Southern Sierra Miwuk Nation

In hopes of achieving federal recognition after forty years, the tribe marched from the Mariposa Courthouse to the Arts Park, where they had elders speaking, traditional song and dance, art, crafts food and more! Making the surrounding communities aware of their battle and asking for much needed support.



20-Minute Chicken Creole

Ingredients:

- 1 tablespoon vegetable oil
- 2 chicken breast (whole, skinless, boneless)
- 1 can diced tomatoes (14 1/2 oz., with juice)
- 1 cup chili sauce
- 1 green pepper (chopped, large)
- 2 celery stalk (chopped)
- 1 onion (chopped)
- 2 garlic clove (minced)
- 1 teaspoon dried basil
- 1 teaspoon parsley (dried)
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon salt

Directions:

Heat pan over medium-high heat (350 degrees in an electric skillet). Add vegetable oil and chicken and cook until the chicken reaches an internal temperature of 165°F (3-5 minutes).

Reduce heat to medium (300 degrees in electric skillet).

Add tomatoes with juice, chili sauce, green pepper, celery, onion, garlic, basil, parsley, cayenne pepper, and salt.

Bring to a boil; reduce heat to low and simmer, covered for 10-15 minutes.

Serve over hot, cooked rice or whole wheat pasta.

Refrigerate leftovers within 2 hours.



Upcoming Events & Holidays

April 4
Grand Opening
 MACT Pharmacy

11 AM - 2 PM
 13975 Mono Way, Suite H
Appetizers, door prizes and goodies!

