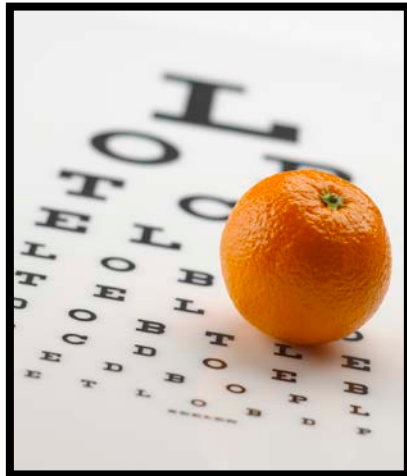




May : Vision Health Month

Vision loss can happen to anyone, at any age. In fact, one in seven Canadians will develop a serious eye disease in their lifetime. But did you know that 75% of vision loss can be prevented or treated? Preventive measures and early detection of eye disease significantly lowers your risk of vision loss.



From A to Zinc: Nutrients for Vision Health

Did you know that nutrition can have a profound influence on your vision health? Good nutrition for the eyes means a balance of vitamins, minerals, fats and other nutrients.

Omega-3s. Beta-carotene. Vitamin C. What do all these nutrients have in common? They're all great for your vision health. Although most Canadians don't realize it, eating the right foods – along with other simple lifestyle changes like quitting smoking and exercising regularly – can go a long way to helping you prevent avoidable but serious eye diseases like age-related macular degeneration (AMD) and cataracts.

Vitamin A: Vitamin A helps the retina function properly, which is essential for good vision and the prevention of night blindness. It also is reported to lessen the risk of age-related macular degeneration (AMD) and cataracts. Where to find it: liver, eggs, fortified milk, carrots, sweet potatoes, spinach, kale, mango and cantaloupe.

Vitamin C: The lenses in our eyes contain vitamin C. Cataracts are caused by a clumping of the protein in the eye's lens, which clouds vision. According to some studies, vitamin C may play a role in preventing this clumping and reducing the risk of cataract formation. Vitamin C is found in citrus fruits, strawberries, raspberries, cantaloupe, sweet potatoes, bell peppers, kale and broccoli.

Vitamin E: Vitamin E is an antioxidant that seems to slow the body's normal oxidation process, helping to prevent or slow the progression of age-related eye disease. Some studies indicate that vitamin E may help prevent cataracts. The best sources are nuts, green leafy vegetables and fortified products such as cereal.

Lutein : Lutein is found in the lens and retina and is thought to protect the eye from oxidization that breaks down healthy tissue. It may also protect the eye's macula (responsible for central vision) by filtering blue light. In some studies, it is associated with a reduced incidence of cataracts and AMD.

Lutein is found in yellow and orange fruits and vegetables and dark leafy green vegetables, particularly in spinach, but also in kale, collard greens and broccoli. Lutein is also found in egg yolk.

Omega-3 fatty acids: Research suggests that consuming fish and other foods that contain omega-3 fatty acids may reduce the risk of AMD. Omega-3 fatty acids form a part of the cells in the retina. They have anti-inflammatory properties that can help to prevent many diseases. The typical North American diet is significantly lacking in omega-3 fatty acids. So load up by eating salmon and other coldwater fish, ground flax seeds, seaweed and walnuts, which are all excellent sources.

Selenium : Selenium is a mineral that aids in the body’s absorption of antioxidants (particularly vitamin E), which, in turn, may help prevent eye diseases and slow their progression. Selenium can be found in seafood, walnuts, enriched breads and rice.

Zinc : Zinc is an important mineral that helps the body to absorb other antioxidants that protect the eye (like vitamin A). Oysters are an excellent source. Zinc is also found in cheese, yogurt, red meat, beans, nuts, seeds and whole grains.



Safe cycling

Head injuries are the cause of death in approximately 60% of fatal biking accidents. If you fall, this is the part of your body most likely to sustain serious injury. If you are wearing a helmet when you have an accident, the force of the impact is distributed over the surface of the helmet, rather than concentrated on the head. That’s why it’s important to have a good helmet.

Quebec’s highway safety code requires cyclists to:

- Signal their intentions
- Ride on the far right-hand side of the road (over a reasonable distance so motorists can see them)
- Ride in single file when travelling in a group
- Ride astride the bicycle and keep hold of the handlebars
- Ride with the flow of traffic

(Source: www.saaq.gouv.qc.ca)



**June:
Stroke Awareness Month**

Reignite your heart health motivation with the new <30 Days app. The redesigned app delivers a pocketful of motivation with small actions that target your personal heart disease and stroke risk factors.

You can download the app by visiting: www.fmcoeur.qc.ca.

Key components of the refreshed app include:

- 4X more challenges available (now there are 600)
- Ability to customize challenges
- Goal setting to keep users motivated
- Step counting
- Fun trivia section