



# Healthy Home News

"Secrets For Living A Healthy, Wealthy & Happy Life..."

## Don't Get Blind-sided by Age-Related Macular Degeneration

When we think of eye conditions that affect our vision, many of us have heard about glaucoma or cataracts. Very few people, however, are familiar with age-related macular degeneration (AMD), which is a leading cause of vision loss in people over the age of 60. Because scientists have not yet found a cure for the disease, it is important that you learn as much as possible about AMD and how to protect your eyesight.

### What is AMD and how does it affect my vision?

AMD is a serious disease that may result in loss of central vision. The exact cause is not known. It occurs when there is damage to the macula, the part of the eye that allows you to see fine detail. AMD does not affect peripheral vision. Although people rarely go totally blind from the disease, AMD can make it difficult to read, write, drive or perform other normal daily tasks.

There are two kinds of AMD: **dry** and **wet**. **Dry AMD** affects about 90% of patients with AMD. It usually develops slowly, so people may not notice any change in their vision right away. Both eyes may or may not be affected. A common early sign of dry AMD is the formation of yellow deposits, called *drusen*, under the macula.

Dry AMD can sometimes turn into **wet AMD**. Wet AMD affects only 10% of patients, but it is responsible for 90% of all severe vision loss from the disease. It occurs when abnormal blood vessels develop and leak blood and fluid under the macula, causing damage that leads to rapid loss of central vision.

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## Easter 2005

Ash Wednesday is 9 February  
 Palm Sunday is 20 March  
 Good Friday is 25 March  
 (Western) Easter Sunday is 27 March  
 (Orthodox) Easter Sunday is 1 May



Easter is a time of springtime festivals. In Christian countries Easter is celebrated as the religious holiday commemorating the resurrection of Jesus Christ, the son of God. But the celebrations of Easter have many customs and legends that are pagan in origin and have nothing to do with Christianity.

Scholars, accepting the derivation proposed by the 8th-century English scholar St. Bede, believe the name Easter is thought to come from the Scandinavian "*Ostra*" and the Teutonic "*Ostern*" or "*Eastre*," both Goddesses of mythology signifying spring and fertility whose festival was celebrated on the day of the vernal equinox

Traditions associated with the festival survive in the Easter rabbit, a symbol of fertility, and in colored easter eggs, originally painted with bright colors to represent the sunlight of spring, and used in Easter-egg rolling contests or given as gifts. *—from Holidays.net*

## St. Patrick's Day Customs

On St. Patrick's Day there are many different customs that people do. One of the most widely known customs is to wear green. One famous saying is that on St. Patrick's Day everybody is Irish.

Every year on March 17 more than 100 U.S. cities have a parade for this festive holiday. The largest parade is held in New York City. Another custom takes place in Chicago. The custom is dyeing the Chicago River green. The tradition started in 1962 when some city pollution control workers used dye to trace some illegal sewage discharge and realized that the green dye might provide a unique way to celebrate St. Patrick's Day. On that year they released 100 pounds of green vegetable dye into the river. That much dye made the river green for a whole week. Today only 40 pounds are used so the river stays green for several hours.

Another custom is that people wear shamrocks on their shoulders to remember St. Patrick.

*Surrounding yourself with dwarfs does not make you a giant.*  
**Yiddish Proverb**

**Fig Facts:** Dried figs are a good source of iron, calcium and potassium. They provide more fiber than any other fruit or vegetable. Plus, they have no cholesterol, fat or sodium. Use them in baked goods or just eat them straight from the bag!

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**See Insert This Issue:**

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“No Spots,  
No Traffic Lanes  
For 6 Months”  
Challenge**



## **Outstanding Client of the Month!**

Meet

### **Judith Cline**

**“We really appreciate  
your business”**

Every month I choose a very special **Client of the Month**. It’s my way of acknowledging good friends and saying “thanks” to those who support me and my business with referrals, word of mouth and repeat business...YOU might be my next **Client of the Month**! Watch for your name here in an upcoming issue!

*One of life’s greatest mysteries is  
how the boy who wasn’t good enough  
to marry your daughter can be the  
father of the smartest grandchildren  
in the world.*

*Vision without action is a daydream,  
Action without vision is a nightmare*  
**Japanese Proverb**

## **Age-Related Macular Degeneration**

*(continued from page 1)*

AMD can start out without symptoms, and neither the dry nor the wet form of the disease causes pain. There are, however, some warning signs that you should keep in mind. If you notice any of these symptoms, contact your eye care professional immediately:

### **Symptoms of Dry AMD**

- Blurred or distorted vision
- Need for more light when reading
- Difficulty recognizing faces from a distance
- Blurred or blank spot in the

### **Symptoms of Wet AMD**

- Straight lines may appear wavy
- Rapid loss of central vision
- Blurred or blank spot in the center of

### **How can I find out if I have AMD?**

Having regular comprehensive eye exams is the best way to catch AMD early and to preserve your vision. To look for signs of AMD, your eye care professional will use eye drops to dilate (enlarge) your pupils, allowing a better view of the back of the eye. You may be asked to view a checkerboard pattern called an Amsler grid. Early changes in your central vision will cause the lines in the grid to appear distorted or missing, which is a sign of AMD.

### **What can be done to treat AMD?**

There is currently no cure for dry AMD. Because vision loss occurs slowly, however, many people with this form of AMD are able to lead normal, active lives – especially if it only affects one eye. The National Eye Institute has sponsored a 10-year study which has shown that a combination of antioxidant nutrients and zinc reduces the risk of vision loss and progression of AMD by about 25% in patients with more advanced dry AMD. Be sure to ask your eye care professional if you would be a good candidate for antioxidant/zinc therapy.

Some cases of wet AMD may be treated with laser surgery. These treatments cannot restore lost vision, but they can help prevent further vision deterioration. Several clinical trials are underway to find new and more effective treatments for wet AMD. Although still in the experimental stage, many of them are showing promise.

Make lifestyle changes to reduce the risk of AMD. Don’t smoke, maintain normal blood pressure, get regular exercise and watch your weight. Medical experts also recommend eating a healthy diet that includes leafy green vegetables and fish. For more information about AMD, go to [www.amdalliance.org](http://www.amdalliance.org).

## **The Story of Lemonade**

Food historians differ on the origins of lemonade. Some believe that lemons are native to China and speculate that the Chinese were the first to make lemonade, a drink that eventually made its way to the Middle East and then to Europe during the Arab occupation of Spain. Others cite documents that date back to medieval Egypt with references to “qatarmizat,” a sweetened lemon drink that was bottled and exported. Still other historians peg the 17<sup>th</sup> century Mediterranean as the home of lemonade because lemon trees were grown along the Italian coast, and processed sugar was becoming more available. Early imbibers drank it for medicinal purposes. Physicians prescribed lemon juice as a cure for scurvy – a vitamin C deficiency disease, which was common among sailors with little access to fresh fruits and vegetables while at sea. Christopher Columbus is credited with bringing lemon seeds to the New World.

Today, the leading lemon producing countries are the United States (primarily California), Italy, Spain, and Argentina. There are more than 70 commercial varieties of lemonade.

## English Is Wordy

Different dictionaries place the number of words in the English language at between 450,000 to 790,000. Linguists attribute the wide discrepancy to variations in accounting for multiple tenses, pluralizations and meanings. For example, some dictionaries don't count "person" and "persons" as two separate words, but others do.

More than 750 million persons speak English, but less than half consider it their native language.

There are 200,000 English words in common usage, according to Bill Bryson, author of *The Mother Tongue*. German compares at over 185,000 and French at less than 100,000. Bryson contends that William Shakespeare used a vocabulary of only 33,000 words. Other linguists say that the average person knows about 20,000 words and uses 2,000 different words in any given week. Still others assert that most people have learned 60,000 words by the time they reach 18, for an average of 10 new words a day from the first birthday on.

## Start the Day Running

The better able you are to make the most of a day, the more you can do the things you want to do. Mornings are critical in setting the pace for the day. That's why it is important to be alert. Here's how:

**Stop pressing the snooze button.** You really won't be more awake if you press the snooze button three more times. The best thing to do is get out of bed within five minutes after your alarm goes off.

**Take 15 minutes to stretch.** When you get out of bed, do a set of simple stretches or jumping jacks to get your blood moving around.

**Grab a cold one.** A shower, that is. A hot shower may sound appealing in the dead of winter, but a cold shower is the quickest way to feel rejuvenated. To ease the shock, try going through your normal warm shower, but before you get out, give yourself a blast of cold water for a couple of minutes.

**Get Busy.** Resist the urge to ease into your day with coffee and the paper. You'll jump-start your energy level if you start doing something right away, like your errands or even a quick jog around the block.

**Eat breakfast.** You know it already – a healthy breakfast is key to starting the day energized.

## Don't Toss That Egg Carton!

According to the Alberta Egg Producers Board, the best way to store eggs is in their own carton on an interior shelf in the refrigerator. Cartons protect eggs from absorbing flavors and odors of other foods. Also, eggs don't stay as fresh when you store them in the refrigerator door, where they are more susceptible to variations in temperature as you open and shut the door.

## Thank You!

Thanks to YOU the word is spreading! Thanks to all of my wonderful clients and friends who graciously referred me to their friends and neighbors last month!

My business runs on the positive comments and referrals from people just like you! I couldn't do it without you!

A special thanks to all these fine folks who referred me...

*Kevin Gaynor, Sam Cino, Greg Miller Restoration,  
Chris Rupp*

## This Month in History

**10 Years Ago: 3/17/95**  
US approves 1st chicken pox vaccine, Varivax by Merck & Co.

**15 Years Ago: 3/18/90**  
1st free elections in German Democratic Republic, Conservatives beat Communists.

**20 Years Ago: 3/11/85**  
Mikhail S Gorbachev replaces Konstantin Chernenko as Soviet leader.

**30 Years Ago: 3/21/75**  
Ethiopia ends monarchy after 3000 years.

**40 Years Ago: 3/8/65** 1st US combat forces arrive in South Vietnam (3,500 Marines).

**75 Years Ago: 3/13/30**  
Clyde Tombaugh announces discovery of Pluto at Lowell Observatory

**100 Years Ago: 3/3/1905**  
The US Forest Service forms.

**250 Years Ago: 3/17/1755:** Transylvania Land Co buys Kentucky for \$50,000 from a Cherokee chief

## Thanks For All The Kind Words!

*We love it when you tell us about the good and professional things that we do!  
We will continue to do our best!!!*

Len Hume  
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Amazing Money-Saving  
Tips and More!*

*Len Hume*



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## The History of the Good Humor Bar

In 1920, confectioner Harry Burt created a lollypop called the Jolly Boy Sucker, which he sold in his ice cream parlor in Youngstown, Ohio. Later that year, he developed a chocolate coating for blocks of ice cream, a concoction that was delicious but messy to eat. Burt's young son suggested freezing a lollypop stick into the ice cream – giving the world the first Good Humor Bar.

The name came from the belief that a person's temperament, or humor, was related to his or her sense of taste. Burt peddled his new ice cream treat from a fleet of as many as 12 trucks that made door-to-door deliveries and used bells to summon ice cream lovers. In 1930, Burt sold the national rights, which in 1961 were acquired by the Thomas J. Lipton Co., which built its truck fleet up to 200. In 1976, Good Humor trucks were phased out in favor of sales through grocery stores. The few Good Humor trucks that remain on the streets today are owned by ice cream distributors or private individuals.

## Who Wants To Win Movie Tickets?

*Take my Trivia Challenge and you could win too!*

This is one of my favorite parts of the newsletter! Each month I'll give you a new trivia question. And the first **10 right answers** will be entered into a draw for 3 prizes of **two FREE movie tickets**. Enjoy a night out on me with someone special in your life! Take your best guess, call me at **(905) 646-6655!** Remember, your chances of winning are better than you think!

This month's Holiday MegaTrivia Question is...

**How many squares are there on a standard chess board?**

**a) 24 b) 96 c) 48 d) 64**

*February's Answer: 5 Shiny Stones*

*February Winners: Mark Robertson, Suzanne Dzipin and our youngest winner 3 1/2 year old Daniel Kessler!!!*

## An Irish Blessing

*May you be in Heaven a half hour  
before the Devil knows you're dead!*

*May your neighbors respect you,  
Troubles neglect you,  
The angels protect you,  
And Heaven accept you.*

*Dance as if no one were watching,  
Sing as if no one were listening,  
And live every day as if it were your last.*

*May your neighbors respect you,  
Troubles neglect you,  
The angels protect you,  
And Heaven accept you.*