



# MARINE CORPS LOGISTICS COMMAND



August 2014

## Health & Wellness

### Month in Review:

August is identified by the Wellness Council of America as being, among other things, Children's Eye Health & Safety Month and is dedicated to increasing awareness of the importance of proper eye care for youths.

According to Prevent Blindness.org, Conjunctivitis, or pink eye, is a common occurrence among children. The condition is an inflammation of the conjunctiva, the clear mucous membrane that covers the white part of the eyeball and the inside of the eyelid. It is the most common eye infection in the United States. Cases may vary from a mild redness with watery eyes to serious infections where vision is impaired or even lost.

Conjunctivitis happens when the conjunctiva becomes infected, usually by a virus or bacteria.

It also can be caused by allergic reactions or chemical irritations. Signs of conjunctivitis are red and irritated eyes. If you have conjunctivitis, you may wake up with your eyelashes stuck together from dried mucus formed during the night.

The condition often affects both eyes and causes a gritty feeling. Although vision is usually not affected, your eyes may be very sensitive to light and there is a stickiness of the eyelids. In severe cases the eyelids are swollen. Itching is another common symptom.

Conjunctivitis can be confused with a more serious eye disease known as iritis. That's why it is important to have your eye problem diagnosed and treated by a qualified eye care professional. It is best to have an examination by your eye care professional to determine the cause and appropriate treatment. Cleaning the crusting on the eyelids every few hours with a cotton swab soaked in lukewarm water usually helps the eye feel better. Antibiotic eye drops, ointments or other medications may also be prescribed. Tinted glasses may relieve discomfort from bright light and may also provide a cosmetic shield for the reddened and swollen eyes. The eye should not be covered by a patch, however, as this can make the infection worse.

When in doubt, the best thing you can do for your child is to get a comprehensive eye exam from an eye professional.

For more information on your child's eye health and safety, please visit the link below:

<http://www.preventblindness.org/eye-problems-adults-children>



### Looking Forward:

September is just around the corner. As with every month of the year, there are many health observances; among them being Prostate Cancer Awareness. The Prostate Conditions Education Council (PCEC) has made it their mission to educate Men and the women in their lives about prostate cancer prevalence, the importance of early detection, available treatment options, as well as other men's health issues.

#### **What is Prostate Cancer?**

Prostate Cancer begins when normal cells in the prostate begin to change and grow uncontrollably. Some prostate cancers grow slowly and may not cause symptoms or problems for years while other prostate cancers are more aggressive and grow quicker, unfortunately, there is no way to predict how aggressive a cancer is before a biopsy. It is the most commonly diagnosed, major cancer among all Americans. The incidence of prostate cancer increases with age. Some studies have shown an overall 2- to 3-fold increase in the risk of prostate cancer in men who have a history of this disease in their family. Family history is defined as prostate cancer in a brother, father, or an uncle. It is more significant if a family member was diagnosed with prostate cancer at a younger age (less than 60 years old). The incidence rate of prostate cancer is two times higher in African-American men than Caucasian men.

#### **Prostate Cancer Risk Factors**

**Age:** The risk of prostate cancer increases with age.

**Race:** African American men are more than twice as likely to be diagnosed with prostate cancer and to die from the disease.

**Family History:** Men with a father or brother with prostate cancer have a higher risk of developing the disease.

**Diet:** Studies indicate there may be a link between diet and the cause or prevention of prostate cancer.

It's important to know that men age 35 and older who have at least a 10-year life expectancy should talk with their health care professional about having a baseline digital rectal exam of the prostate gland and a prostate-specific antigen (PSA) blood test. Most prostate cancers are discovered in the local (confined to the prostate) stage; the 5-year relative survival rate for patients whose tumors are diagnosed at the earliest stages of the disease is nearly 100%.

For more information on the topic of prostate cancer, please visit the link below:

<http://www.prostateconditions.org/>

