



LIVE WELL WORK WELL

AUGUST 2018

EYE EXAMS

Linked to Kids' Reading Levels

Elementary school children who read below grade level may have challenges with their eyesight even if standard tests show they see 20/20, according to a new study from the University of Waterloo.

The study showed that children with reading challenges may have lower than expected binocular vision test results, something a standard eye exam may overlook.

"A complete binocular vision assessment is not always part of the standard vision test," said Dr. Lisa Christian, lead researcher on the project and an Associate Clinical Professor at the School of Optometry and Vision Science, University of Waterloo. "However, binocular vision problems could be compounding a child's academic difficulties, and should be investigated."

The study involved a retrospective review of 121 children between the ages of six and 14 who all had an Individual Education Plan specifically for reading. It found that more than three quarters of the students had good eyesight, but when they were tested for binocular vision, more than a third of the group scored below what was considered normal.

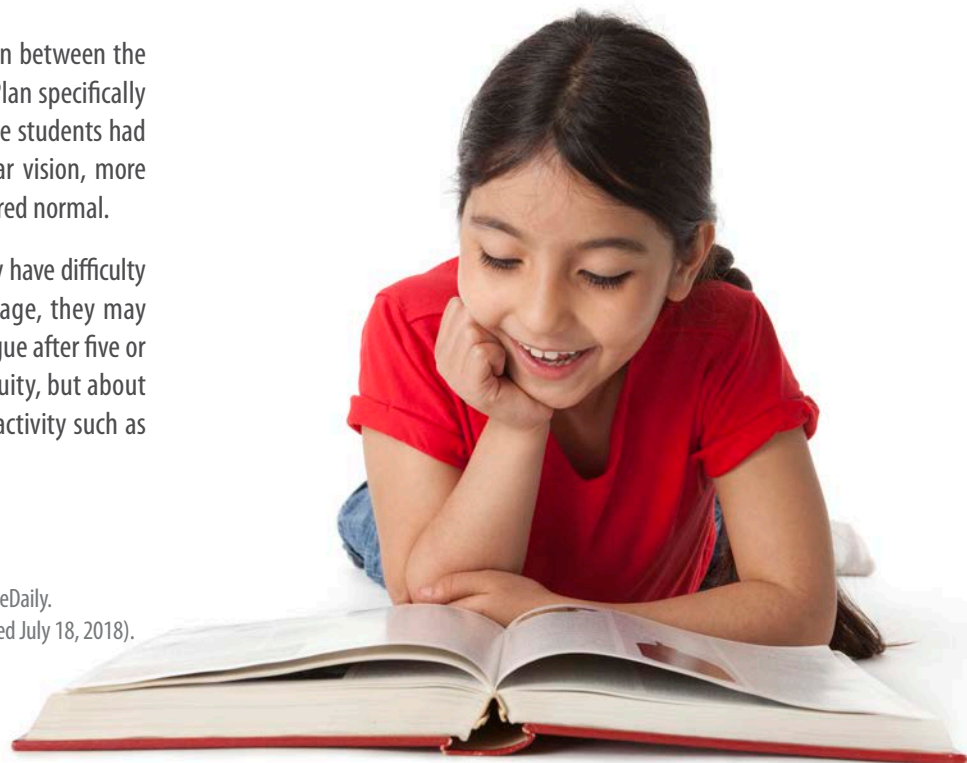
"Kids can see words on the page, but if (for example) they have difficulty turning their eyes in to read or focusing words on a page, they may experience symptoms of eye strain, double vision or fatigue after five or 10 minutes," Christian said. "It's not just about visual acuity, but about how well the eyes work together when performing an activity such as reading."

Optometrists classify binocular vision anomalies under three main categories: accommodation, vergence, and oculomotor—with the symptoms often seeming benign or masked as other problems.

Children with accommodative issues have trouble focusing or have trouble changing their focus from one distance to another. Those with vergence issues have difficulty turning their eye in or out, eye movements often required for reading. Children with oculomotor issues have trouble with eye tracking and may lose their place when reading.

"Full eye examinations, particularly in children with vision issues, may be a tool for parents and educators to assist children who are found to have difficulty reading," added Christian.

University of Waterloo. "Eye exams linked to kids' reading levels." ScienceDaily. www.sciencedaily.com/releases/2018/02/180215105745.htm (accessed July 18, 2018).



ARE YOU UP TO DATE On Your Immunizations?

Every August, the National Public Health Information Coalition sponsors National Immunization Awareness Month to teach the importance of immunizations at all life stages. Vaccination protects everyone, from infants to the elderly, against serious illnesses and complications resulting from vaccine-preventable diseases.

Being properly vaccinated protects not only you but also everyone around you from falling ill with serious illnesses like measles, polio, hepatitis, and meningococcal meningitis.

Follow the provided links to learn if you and your loved ones are up to date on the recommended vaccinations for each stage of life:

- Infants and children (birth to age 6):
<https://www.cdc.gov/vaccines/schedules/easy-to-read/child.html#schedule>
- Preteens and teens (ages 7-18):
<https://www.cdc.gov/vaccines/schedules/easy-to-read/preteen-teen.html#print>
- Adults (ages 19 and older):
<https://www.cdc.gov/vaccines/schedules/downloads/adult/adult-schedule-easy-read.pdf>
- Pregnancy and vaccines:
<https://www.cdc.gov/vaccines/pregnancy/downloads/pregnancy-vaccination.pdf>

For more information on vaccines, or to learn more about what vaccines you may need, talk with your doctor or visit:
<https://www.cdc.gov/vaccines/index.html>



KNOW YOUR VACCINES

Learn the differences between types of vaccines:

1. **Live attenuated vaccine:**
These vaccines use a weakened virus strain to create an asymptomatic infection in your body in order to produce a lifelong immunity to the illness.
2. **Inactivated vaccine:**
These vaccines use “killed” strains of a bacterial or viral strain to evoke an immune response in your body.
3. **Subunit/conjugate vaccine:**
These types of vaccines isolate a specific protein or carbohydrate within a virus or bacteria strain to evoke an immune response in your body.

WHY IT'S IMPORTANT TO SUPPORT Your Breastfeeding Co-Workers

Support from female co-workers may be even more important to new moms who are breastfeeding than getting encouragement from their significant others, close friends, and relatives, says a new study.

According to Michigan State University and Texas Christian University researchers, the more support women receive from their colleagues, the more successful they are in believing they can continue breastfeeding. While support from family or friends is important, surprisingly, co-worker support has a stronger effect.

The study surveyed 500 working mothers. Eighty-one individuals indicated they had never breastfed, and 80 had stopped before returning to work. Of those who continued breastfeeding after returning to work, more than half chose not to stick with it between the first and sixth month. While the specific reasons participants stopped weren't tracked in the study, it did measure their thoughts and feelings around co-worker perception and stigma, as well as how uncomfortable they were about pumping milk at work.

Michigan State University. "Here's why it's important to support your breastfeeding co-workers." ScienceDaily. www.sciencedaily.com/releases/2018/07/180711135056.htm (accessed July 19, 2018).

Overall, the data suggested that the act of simply returning to work played a major role in their decision to quit breastfeeding, but receiving colleague support was instrumental to those who continued.

The research also showed that more than a quarter of the women who originally decided to breastfeed made the decision because their place of employment created a helpful environment, such as providing a place to pump.

"If women know that co-workers and supervisors will support them in their breastfeeding efforts, it can make a big difference," Goldbort said. "It really takes a village to breastfeed a baby."



AUGUST RECIPE

Spinach Power Salad with Mandarin Vinaigrette



Dressing:

- 6 oz. mandarin orange juice (save oranges)
- 2 Tbsp. apple cider vinegar
- ¼ cup olive oil
- ¼ cup pure cane sugar
- ½ small onion (chopped)
- 1 Tbsp. spicy brown mustard
- 1 Tbsp. yellow mustard
- ½ tsp. salt
- ½ tsp. pepper

Salad:

- ½ pound chicken breast (cooked, chopped)
- 5 ounces baby spinach
- 1 large carrot (shredded)
- 24 seedless red grapes
- 1 ½ ounces walnuts (coarsely chopped)
- Reserved mandarin oranges

Combine all of the dressing ingredients in a blender. Mix until combined. Divide the spinach among four bowls. Top each bowl with the shredded carrots, grapes, mandarin oranges, walnuts, and chicken breast. Shake the dressing. Drizzle over each salad.

Yield: 4 servings. Each serving provides: Calories- 362, Carbs- 27g, Protein- 16g, Fat- 22g, Dietary Fiber- 3g, Saturated Fat- 3g, Sodium- 488mg, Sugars- 22g

This is for informational purposes only and is not intended as medical advice. For further information, please consult a medical professional.

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