



The Cornpicker

Bulletin of Fairbury, IL Rotary Club

"Service Above Self"

Fairburyrotary.com

2005 - 2006 Officers

President	Mike Petersen
Pres. Elect	Dave Roberts
Vice President	Joan Smeltzer
Sec/Treas	Leroy McPherson
Editor	Leroy McPherson



DATE/TIME/

PLACE: April 25 - 12:00 noon at Marchelloni's

ATTENDANCE: 18

LOTTO: Jim Schahrer and Bill Orth

ACTION ON THE AVENUES

CLUB SERVICE

Programs:

- 05-02 John Tollensdorf, Jr.
Lynn Barnett (Massage Therapy)
- 05-09 P.C.H.S. - ICE
- 05-16 P.C.H.S. - Interact
- 05-23 P.C.H.S. - Student of the Month
- 05-30 Joan Smeltzer - Aor-Thailand Exchange Student

COMMUNITY SERVICE

Chamber of Commerce Annual Mtg.

May 8, 2006

Walton Centre at 6:00 p.m.

Speaker: Mike Williamson, Assoc. Exec. Dir.

Boys & Girls Club

You need to make your own reservations this year. Notify Leroy if you went. Rotary will give you credit for your meal (\$15.50) We will have a meeting on May 9 - P.C.H.S. ICE.

INTERNATIONAL SERVICE

District Conference is May 5-6. See Mike for details

July 16th - Cardinals vs. Dodgers at 1:00 p.m.



\$30 box seat • \$20 terrace level

Proceeds go to Cardinal Care

Bits & Pieces

The sweetest pleasures are those which do not exhaust hope.

AREA CLUB MEETINGS

Bloomington	12:00 Noon	Thursday	Elks Club
Gibson City	6:45 a.m.	Wednesday	The Country Kettle
Gilman	6:05 p.m.	Tuesday	Gilman Lounge
Lincoln	11:50 a.m.	Wednesday	Elks Country Club
Normal	12:00 Noon	Wednesday	Bone Student Center
Piper City	6:15 p.m.	Monday	Azz Izz Tavern

The Big 3 Eye Diseases: Robin Coady



Cataracts: These develop when the proteins in the lens of the eye become damaged, causing them to become less and less transparent. It is like looking through a dirty window. Light rays passing through a cataract are scattered causing problems with glare, color perception, and spokes or haloes around lights. Night driving is particularly bothersome. When a cataract is bad enough, surgery is performed to remove the cloudy lens and it is replaced with an intra-ocular implant.

Glaucoma: For most cases of glaucoma, there is a rise of the internal pressure of the eye, which causes damage to the optic

nerve. This nerve is actually a conduit from the neuro-receptors in the retina to the brain. Damage to the optic nerve causes abnormal blind spots in vision and a constriction of the visual field. It is usually treated with eye drops which lower the eye's pressure. It is possible to have glaucoma without having high pressure. And some people can have an acute glaucoma attack which is treated with surgery.

Age-related macular degeneration (AMD): This is deterioration of the central portion of the retina (called the macula) resulting in loss of central vision. This doesn't cause total blindness, but can be very debilitating depending on the extent of it.

Eye Quiz

1. T F If I can see well, then my eyes must be healthy and I do not need to have an eye exam.
2. T F Cataracts are inevitable if a person lives long enough.
3. T F Your diet impacts the health of your eyes.
4. T F Women are at greater risk than men for developing eye disease.
5. T F Carrots are the best thing you can eat to help prevent macular degeneration.
6. T F Smoking has no affect on the health of your eyes.
7. T F Cataract surgery is the most common surgical procedure currently performed in the U.S.
8. T F The incidence of macular degeneration is on the rise.
9. T F Macular degeneration is more common in people with light eyes, and fair-complexions.
10. T F "Eye vitamins" are just a waste of money and provide no ocular health benefits.

1. FALSE. Many eye conditions can be present for years before having a noticeable impact on vision. Two words: Kirby Puckett. He had to give up his baseball career because of vision loss secondary to glaucoma. Glaucoma is very treatable - IF DETECTED through an eye exam. It has no early symptoms. By the time he realized there was a problem, it was too late. I think he might even be alive today had his glaucoma been caught early and treated. If he had been able to continue to play ball, he might not have had the stroke that killed him.

2. TRUE. We will all get cataracts unless we take the Jimmy Dean or Janis Joplin method of cataract prevention. Dying young can prevent them, but otherwise, they are inevitable. Any person in his/her 80s either has cataracts or has already had them removed. They may not yet be bad enough for surgery - but they are there or have already been dealt with. There may be some things you can do to delay cataract development. We'll get to that shortly.

3. TRUE. A diet low in fat and high in fruits and vegetables is as good for your eyes as it is for the rest of your body.

4. TRUE. Women are at higher risk because we live longer. The risk of most eye diseases increases with age.

5. FALSE. Rabbits may not have to wear glasses but Popeye is the one who has best defense against macular degeneration. Carrots ARE good for your eyes. They won't keep you from needing glasses but you do need the vitamin A for normal ocular health. BUT for protection against macular degeneration, it is the green leafy vegetables that contain the most lutein and zeaxanthin. These 2 caro-

tenoids are antioxidants and are found in the eyes. Research has shown that there is a significantly lower risk of AMD for people who have high amounts of lutein and zeaxanthin in their blood. Getting these antioxidants in your diet or with nutritional supplements may help prevent or slow down the progression of AMD.

6. FALSE. Smokers get cataracts at an earlier age than non-smokers. Smokers have a much greater (3X) risk of macular degeneration. Recent studies have indicated that even second-hand smoke can increase a person's risk of getting macular degeneration.

7. TRUE. Cataract surgery is very common - accounting for more than 2 million procedures every year. It is very much improved compared to the old days. It is an out-patient procedure with very little limitation on life style.

8. TRUE. Because our population is aging. Almost 10 million Americans suffer from mild to moderate AMD and almost a half-million people have significant visual loss from late-state AMD.

9. TRUE. Dark complexioned people have more pigment in their retinas. This seems to have a protective benefit in terms of AMD.

10. FALSE. Nutritional supplements can be beneficial to ocular health. Particularly for those folks who are unable or unwilling to eat a lot of fruit and vegetables. And for people with macular degeneration, it would be almost impossible to ingest the recommended dosages of certain antioxidants in food alone.