

July 2021

# HEALTHY HEARTS AMONG PACIFIC ISLANDERS

Monthly Newsletter

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## VISION AND DIABETES

If you have diabetes, taking care of your eyes is important.

High blood sugar can lead to blurry vision, cataracts, glaucoma, and retinopathy.

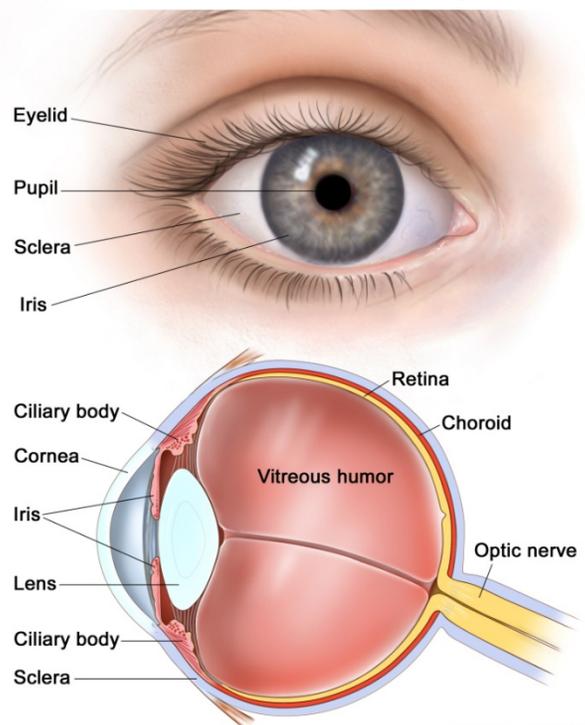
- High blood sugar can make things look blurry. If this happens, don't just buy new glasses. Tell your eye doctor and work with your medical care team to get your blood sugar back to your target range.
- People with diabetes tend to get cataracts earlier and they get worse faster. Having a cataract is like having a cloudy or smudged window. If you start noticing blurred vision and glare, talk with your eye doctor.
- Glaucoma happens when pressure builds in your eye and fluid can't drain like it should. This can cause damage to the eye and changes in vision. Regular exams can help catch this early!

Adapted from WebMD: <https://www.webmd.com/diabetes/diabetes-eye-problems>

Do you know  
how to say “eye”  
in Hawaiian,  
Samoan, or  
Maori?

See page 4 for the answers!

### Anatomy of the Eye



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## Tips to Protect Your Vision

### 1. Find an eye doctor you trust.

Many eye diseases don't have early symptoms – so you could have a problem and not know it! Talk with your doctor or health insurance plan to find an eye doctor near you.

### 2. Ask how often you need a dilated eye exam.

It's the only way to find eye diseases early – when they are easier to treat and before disease causes vision loss. Ask your eye doctor how often is right for you.

### 3. Talk story...about eye health history!

Some eye diseases can run in families. The next time you talk story with your Ohana, ask if anyone knows about eye problems in your family.

### 4. Add more eye-healthy foods to your plate.

Try dark, leafy greens like spinach, kale, arugula and bok choy. Or fish high in omega-3 fatty acids like halibut, salmon, and tuna.

### 5. Wear your shades – even on cloudy days.

Wearing sunglasses that block UVA and UVB radiation can protect your eyes and lower your risk for cataracts.

### 6. If you smoke, make a quit plan.

Quitting smoking is good for almost every part of your body, including your eyes! Quitting is hard - but it is possible and a quit plan can help.

Adapted from the National Eye Institute: <https://www.nei.nih.gov/learn-about-eye-health/healthy-vision/8-things-you-can-do-right-now-protect-your-vision>



## Baby Bok Choy and Cucumber Salad

Serves 2 (about 1 ½ cups)

- 2 teaspoons toasted sesame oil
- 1 teaspoon rice vinegar
- 1 teaspoon reduced-sodium soy sauce
- ½ teaspoon minced fresh garlic
- 2 cups thinly sliced baby bok choy
- ½ cup thinly sliced red bell pepper
- ¾ cup thinly sliced cucumber
- 2 tablespoons fresh cilantro leaves

Combine oil, vinegar, soy sauce, and garlic in and shake in a small container. Put remaining ingredients in a bowl. Add dressing and toss to coat.

Nutrition Information: 67 calories, 5g gfat, 2g Protein, 5g Carbohydrate, 2g Fiber, 154 mg Sodium, 100mg Calcium, 3g Sugar

From: Cooking Light <https://www.cookinglight.com/recipes/baby-bok-choy-cucumber-salad>

How to say “eye” in:”

Hawaiian: Maka

Samoan: Mata

Maori: Karu

**Tired eyes from too much screen time?**

Try the 20/20/20 trick – every 20 minutes, look about 20 feet away for 20 seconds.

Get more #HealthyVisionMonth tips from @NationalEyeInstitute