

CLINIC WE ARE YOUR HEALTHCARE TEAM CONVERSATIONS

MIDWESTERN UNIVERSITY CLINICS NEWSLETTER



SUMMER 2021

Protecting Your Eyes from Sunlight

Parres M. Wright, O.D., F.A.A.O., Chicago College of Optometry, Eye Institute

As the warmer months approach, many people are looking forward to spending time outdoors, prompting most to reach for a pair of sunglasses. While fashionable, quality sunglasses are also vital in protecting the eyes against the sun's harmful UV rays.

UV rays can pose a threat to your eyes year-round but may be more damaging with long-term exposure, as it increases the risk of developing cataracts, macular degeneration, and some cancers of the eye. All of which can lead to vision loss and ultimately low vision.

Low vision is defined as decreased vision that cannot be corrected with glasses, contact lenses, or other standard treatments such as medication or surgery. It can cause difficulty with daily activities such as reading, driving, and cooking. According to the National Eye Institute (NEI), visual impairment is expected to increase steadily, with projections showing more than 8 million suffering from low vision by 2050.

Visual impairment from any ocular condition requires an evaluation by an eye care provider. Low vision rehabilitation specialists can assist by providing devices such as magnifiers, telescopes, and nonoptical aids. By making the most of remaining vision, patients often experience an increase in their quality of life.

Though many are unaware of the dangers of UV exposure, it is important to take daily precautions to protect your eyes through all stages of life. Tips to help lower your risk of developing vision-threatening eye diseases and ocular cancers include:

Choose quality sunglasses:

- Labeled as 100% UV protection or UV400
- Blocks both UV-A and UV-B rays
- Screens out 75% to 90% of visible light
- Lenses should be free of distortion and imperfections
- Do not choose sunglasses based on the darkness of the tint

Protect your eyes from UV exposure:

- Wear sun protection even on overcast/cloudy days
- Do not look directly at the sun
- Wear wide-brimmed hats along with sunglasses
- Avoid midday and early afternoon sun

Be sure to talk with your eye care provider about your risks to ensure appropriate UV absorbing glasses and/or contact lenses are prescribed to address your needs.

Sources: American Optometric Association <https://www.aoa.org/healthy-eyes/caring-for-your-eyes/uv-protection> and <https://www.aoa.org/eye-health/tips-prevention/sun>
National Eye Institute <https://www.nei.nih.gov/learn-about-eye-health/eye-conditions-and-diseases/low-vision>

How to Prevent Rotator Cuff Injuries

Teri Elliott-Burke, PT, D.P.T., M.H.S., WCS, College of Health Sciences, Physical Therapy Institute



The rotator cuff is made up of four muscles and corresponding tendons that work to keep the shoulder joint stable and allow for arm movement. Rotator cuff pain can occur when there are tears and/or inflammation in the muscles and tendons. These are often caused by repeated overhead activity, a fall on an outstretched arm, or other forms of trauma. Athletes, construction workers, and older

adults are all especially susceptible to these types of injuries.

Symptoms are typically described as pain with activity, dull pain at rest, and pain that extends down to the elbow. Some may notice discomfort when doing activities such as putting on a seatbelt, reaching up in a cupboard, or throwing. Left untreated these injuries can lead to increased pain, weakness, and an overall decreased function of the shoulder and arm.

Ways to prevent rotator cuff injuries:

1. Practice good posture when sitting or standing. Letting shoulders slump forward places stress on the rotator cuff.
2. Avoid repetitive overhead use of the shoulder when possible or take frequent breaks if you are doing an activity, such as painting a high wall or ceiling.
3. Perform physical therapist-approved exercises for the rotator cuff and shoulder blade.
4. Avoid a sedentary lifestyle and stay active.

Should you experience shoulder pain, the first line of defense is to consult a physical therapist. Physical therapists can identify and treat the issues contributing to the rotator cuff problem, which may include muscles in the neck, upper back, and shoulder blade. Treatment often improves the function of the shoulder while decreasing pain.

MIDWESTERN UNIVERSITY CLINICAL CAMPUS



*Your Family's Home
for Healthcare*



MULTISPECIALTY CLINICS
3450 Lacey Road, Downers Grove, IL 60515



Midwestern University Clinics
are a one-stop solution for
comprehensive family healthcare
at state-of-the-art facilities.

For more information or
to schedule an appointment,
please call **630/743-4500**
WWW.MWUCLINICS.COM

- **Dental Institute**
- **Eye Institute**
- **Family Medicine Practice /
Osteopathic Manipulative
Medicine (OMM) Clinic**
- **Physical Therapy Institute**
- **Speech-Language Institute**