



Healthy Eyes

Types of Vitamins And Minerals to Keep Eyes Healthy

Vitamins A, E, and C all appear to offer benefits for overall eye health. For example vitamin A may reduce the risks of cataracts and night blindness. Further a deficiency in vitamin A has been implicated in blindness and corneal ulcers. Vitamin E plays a role in the reducing the risk for macular degeneration and cataracts; finally, vitamin C reduces pressure in Glaucoma, slows age related degeneration and provides resistance to cataracts. It appears that vitamins are a rich source of antioxidants. Antioxidants fight the effects of oxidation that contributes to the destruction of health

tissues and is strongly implicated in macular degeneration.



Sources of Minerals and Vitamins

Vitamin C is found in varying quantities in oranges, strawberries, rosehip and broccoli. Vitamin A can be found readily in

carrots, sweet potatoes and liver. Vitamin E rich foods are nuts such as almond and hazelnuts.



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Reaching Out

to individuals with Alzheimer's

- Make the effort
- When communicating is difficult, your first response may be to stop. Recognize that communicating effectively takes time and energy
- Accept changes
- Keep in mind that the changes you see and hear are a result of the disease, not of the patient trying to be difficult or hurtful. When he/she says inappropriate things, remember it's the disease talking--try not to take it personally
- Try to understand
- Don't interrupt. Be patient. It may take several minutes to respond. Avoid criticizing, arguing or correcting inaccurate statements and use phrases as "I'm sorry, I don't understand. Could you repeat that?"
- Listen for the feelings behind what he or she is trying to communicate and validate those feelings. For example, say, "I know that you're frustrated right now" or "I'm glad you're so happy today"
- Watch your nonverbal communication.
- People with Alzheimer's disease can be sensitive to changes in mood, voice, posture, or facial expression. As the disease progresses, they will mirror your emotions—without understanding them
- You can do wonders to ease tension by smiling



- Simplify your communication:
 - Speak slowly, in a normal volume. If necessary, repeat using the same words
 - Communicate one idea at a time with plain words. Give simple instructions. Use a calm, relaxed tone of voice. If your words and the way you say them don't match, it may be confusing
 - Stand directly in front of the person and make eye contact
 - Eliminate distractions and noise
 - Communication is difficult, if not impossible, against a background of competing sights and sounds

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