



Broward County Government Newsletter

March 2019

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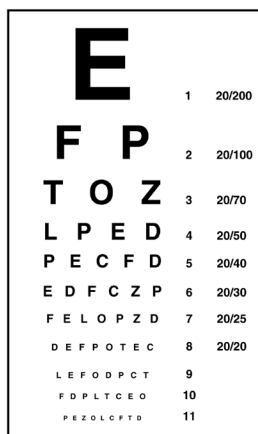
Community Care Plan, “the health plan with a heart”

March is Save Your Vision Month

About 11 million Americans 12 and older need vision correction. Regular eye exams help find when correction is needed and find diseases early.

What are some common eye diseases?

- Age-related macular degeneration: light sensitive tissue in the eye breaks down
- Glaucoma: damages your eye’s optic nerve
- Cataracts: clouding of the eye’s lens
- Diabetic Retinopathy: damage to the eye’s back blood vessels



Source: www.cdc.gov/features/healthyvision/

Source: www.cdc.gov/visionhealth/healthyvisionmonth/index.html

The Centers for Disease Control (CDC) recommends these 5 ways to protect your eyes:

1. Getting a regular eye exam
2. Keeping a healthy weight and eating healthy with a diet that includes leafy greens (ex: spinach and kale)
3. Ask your family about their eye health history
4. Wear 99% to 100% UV-A and UV-B sun ray blocking sunglasses
5. Do not smoke, or quit if you already smoke

Interested in quitting smoking? CCP can link you to community resources to help you quit. For more information please call us at 866-224-5701.

Diabetic Retinopathy

In working-age adults, Diabetic Retinopathy is the most common cause of blindness and vision impairment. It occurs when diabetes affects the blood vessels in the eye’s retina. The blood vessels leak and can distort your vision. If not treated early, it can cause permanent vision loss. Any type of diabetes: Gestational, Type 1, or Type 2 can cause diabetic retinopathy.

If you have diabetes, it is important to schedule an annual comprehensive diabetic eye exam. Not sure who to schedule your eye exam with? Please call CCP Member Services at 866-224-5701 and they will help you find the provider that is right for you.

Source: www.cdc.gov/visionhealth/healthyvisionmonth/index.htm

Always consult your physician before making changes to your lifestyle or healthcare routine. This information is available for free in other languages. Please call Member Services at 1-866-224-5701 Monday – Friday 8:00am – 7:00 pm EST.

For hearing impaired assistance call: TTY/TDD 1-855-655-5303. Si usted necesita esta información en Español llame al 1-866-224-5701 TTY/TDD 1-855-655-5303 de Lunes a Viernes desde las 8:00am a 7:00pm EST. Si ou vie resevwa enfomeseyon sa en Krevol rele nimewo telefon sa 1-866-224-5701 TTY/TDD 1-855-655-5303 Lendi iiska Vandredi de 8:00am a 7:00pm EST.