

# THE HEALTH DIGEST

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+ THIS EDITION

## UNDERSTANDING GLAUCOMA

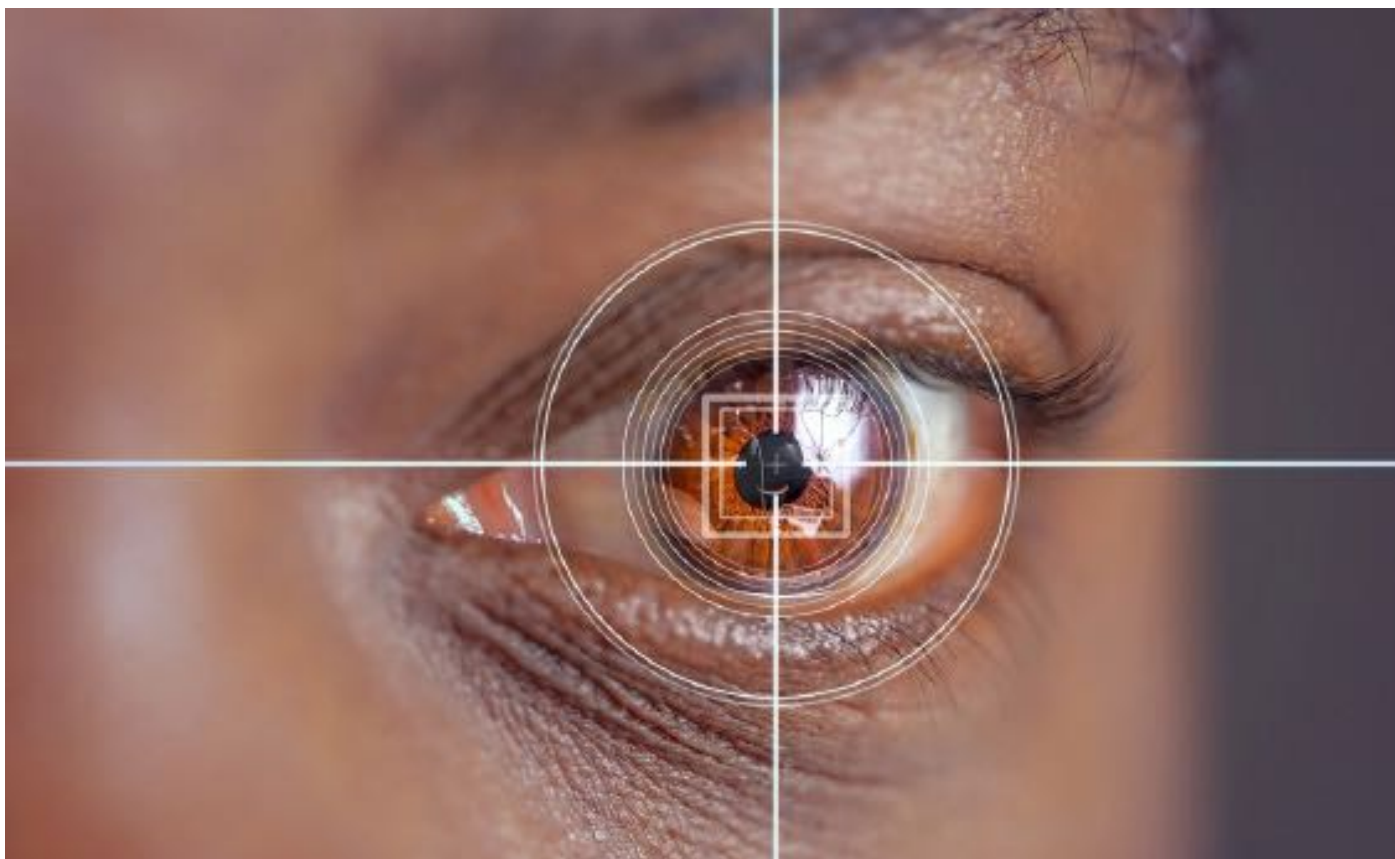
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# Understanding Glaucoma: Facts, Symptoms & Diagnosis



Glaucoma encompasses a collection of eye conditions that harm the optic nerve and elevate intraocular pressure. This condition involves damage to the optic nerve, which serves as a conduit of information from the eye to the brain. If left untreated, glaucoma can lead to vision loss or even complete blindness.

## Quick Facts

Here are some quick facts about glaucoma:

- ▶ Although there is no known cure, treatments are available to help manage the condition.
- ▶ Diagnosis often involves laboratory tests or imaging.
- ▶ Glaucoma can be a long-lasting condition, spanning several years or even a lifetime.
- ▶ It is more common in individuals aged 50 and older.
- ▶ Having a family history of glaucoma may increase the likelihood of developing the condition.

## Symptoms

Symptoms of glaucoma may not be noticeable in the initial stages, but as

the condition progresses, they can include:

- Loss of peripheral or side vision
- Seeing halos around lights and experiencing glare in bright light
- Redness in the eye
- Eye pain
- Hazy appearance of the eye, especially in infants
- Narrow or tunnel vision
- Vision loss

## Diagnosis

During the evaluation for glaucoma, your doctor may recommend one or more of the following diagnostic tests and procedures.

A comprehensive eye examination is typically performed to diagnose glaucoma. This involves measuring eye pressure, inspecting the eye's drainage angle, examining the optic nerve, testing vision, and obtaining measurements of the optic nerve and corneal thickness.

## Treatment

Your doctor will collaborate with you to develop a personalized care plan, which may consist of one or several options. The primary goal of treatment is to lower intraocular pressure and prevent further damage to the optic nerves.

This can be achieved by enhancing the drainage of aqueous humour or reducing its production through medication.

Treatment options may include medication, surgery, or adjustments to your nutritional habits.

## Glaucoma and Nutrition

Recommended Foods:

- Consume foods rich in iron into your diet, such as spinach.
- Consume foods containing vitamin A, like sweet potatoes, carrots, mangoes, and milk.
- Include protein-rich foods, such as eggs and milk.
- Consume foods that are rich in zinc, including green peas, eggs, wheat germ, chickpeas, oysters, red meat, poultry, and certain seafoods.
- Consume foods rich in vitamin C, such as green peppers, citrus fruits, and tomatoes.

## Foods to Avoid:

- Avoid foods with trans fatty acids, like cookies, cakes, and french fries.
- Limit the consumption of foods high in saturated fats, such as full-fat meat (beef).
- Minimize or avoid foods containing caffeine, like coffee.
- Avoid alcohol.





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# The Sage Plan: Comprehensive Medical Aid for Beloved Senior Citizens!

True to spirit of the idiom, “age is just but a number”, CellMed is thrilled to announce the introduction of our latest medical aid package, the Sage Plan, designed exclusively to cater to the healthcare needs of our senior citizens above the age of 65 years. Developed under the esteemed Diaspora Plan, this comprehensive package is specifically tailored for members over 65 years of age who may not be eligible for other medical aid plans. In this article we shed light on the remarkable features of the Sage Plan and encourage readers to sign up their beloved senior citizens for this exceptional healthcare coverage.

## **Online Onboarding: Hassle-free Membership Application**

Applying for membership to the Sage Plan is as easy as a few clicks. The user-friendly online onboarding process allows prospective members to complete the membership application swiftly from the comfort of their own home. Time is precious, and the process was designed to be as streamlined as possible for convenience and efficiency.

## **Wellness and Health Risk Management Program: Caring for Your Loved Ones**

At the heart of the Sage Plan lies an exceptional wellness and health risk management program. This is proactive care that goes beyond medical treatment. The program offers comprehensive support and guidance to our members, helping them maintain optimal health and manage potential risks. From personalized health assessments to expert advice, CellMed is dedicated to keeping your loved ones in the best possible shape.

## **Access to a Wide Range of Medical Facilities & Services: Quality Care, Always**

The Sage Plan service provider network comprises top-notch medical facilities and services. It provides an extensive network of healthcare providers, ensuring that senior citizens have access to the finest medical professionals, clinics, and hospitals. Our commitment to quality care guarantees that your loved ones will receive the attention they deserve, no matter where they are.

## **Hospital Cash Back Cover: Peace of Mind During Hospitalization**

Unexpected hospitalization can be a stressful experience for both the patient and their family. That's why the Sage Plan includes a hospital cash back cover. In the event of hospitalization, this feature provides financial support to help alleviate any additional burdens ensuring that senior citizens can focus on their recovery without worrying about the financial impact.

## **Join the Sage Plan Today!**

The Sage Plan is more than just a medical aid package—it's a comprehensive solution designed to meet the unique needs of our cherished senior citizens. By signing up your beloved family members for the Sage Plan, you are entrusting their health and well-being to a dedicated team committed to providing exceptional care.

Together, let's ensure a healthier and happier future for our cherished senior citizens!



# DIASPORA PLANS **SAGE PACKAGE**

Comprehensive medical aid  
cover for senior citizens

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