

# Health Today

## Annual Run 4 Shelter Slated For April 18

By TIMOTHY P. HOWSARE  
Hernando Today

**S**PRING HILL » A river of runners will run through it. Jericho Road Ministries is now taking registrations for the second annual Run 4 Shelter to be held at 7:30 a.m. Saturday, April 18, in the River Country subdivision. Participants will organize at the subdivision entrance near U.S. 19.

Registration begins at 7 a.m. The 10K run begins at 7:30 and the 5K begins at 8. Walkers start around 7:45. Following the run-walk, awards will be presented at the entrance to River Country. There also will be refreshments.

There will be awards for overall individual male and female and overall masters (over 50 male and female). All pre-registrants will be guaranteed a T-shirt.

The entry fee is \$20 for pre-race registration or \$25 for registration on the day of the race. There is a special \$3 registration for children under 12.

In-person registrations can be taken at Genesis Health and Fitness, 8411 Balm St. (just south of the big dinosaur on U.S. 19) in Spring Hill, or register online at

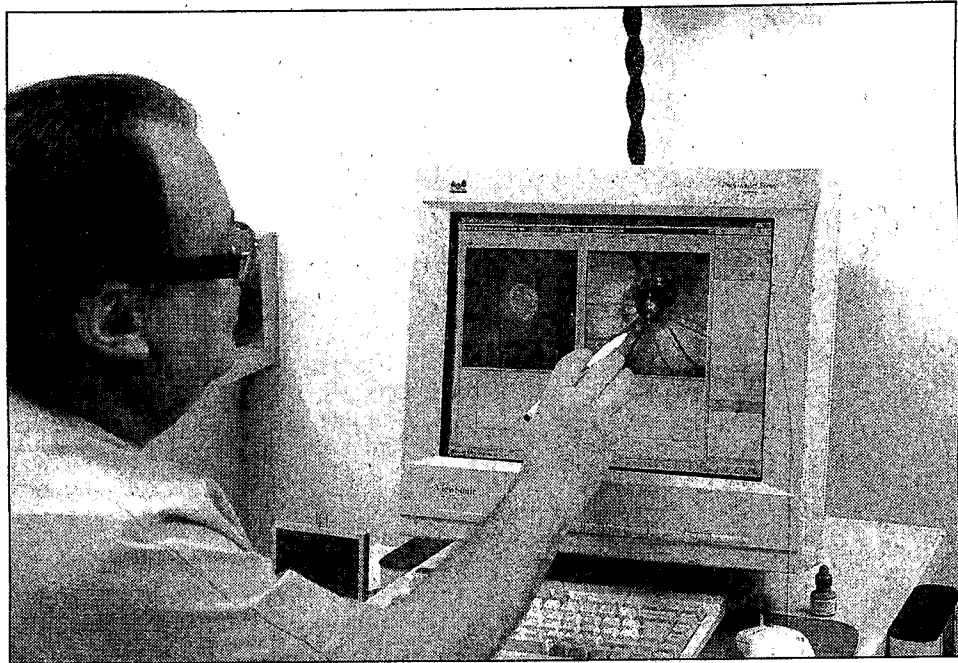
See RUN 4 SHELTER, Page 9 »

## Blood Bank

**Today** — Subway, 18078 Cortez Blvd., Brooksville, 11 a.m. to 6 p.m., 6-inch sub; H & R Block, 4203 Mariner Blvd., Spring Hill, 1 to 7 p.m.

**April 10** — Hernando-Pasco Hospice, 12260 Cortez Blvd., Brooksville, 8:30 to 11 a.m.; Lakewood Plaza, 4365 Commercial Way, Spring Hill, Noon to 7 p.m.; Central Beef, Hwy. 48, Center

## Your 'eyes' have it



Photos by VIRGINIA DIAZ

**Keith D. Stolte, M.D., F.A.C.S** shows off the Heidelberg Retina Tomograph, just one of several diagnostic devices he has in his office. The Heidelberg scans the eye and draws a ring around the edge of the optic nerve. On the left of the screen the thinning of tissue of the rim of a glaucoma patients eye is shown in blue. On the right side, a check means the patient is a glaucoma suspect. Each scan compares to the first and checks are added to indicate changes.

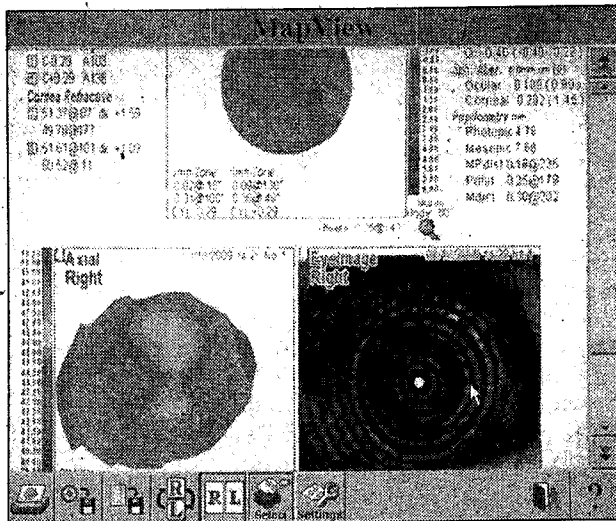
The question is, will they keep it? Aging effects vision but nutrition and technology can help doctors keep blindness at bay.

By VIRGINIA DIAZ  
Hernando Today  
correspondent

**T**here's no escaping it. We are all aging and science can't stop it — yet. Our eyes, like our other organs, will inevitably give in to that process.

As our population gets older, we are collectively seeing less, less clearly. According to the National Eye Institute, part of the National Institutes of Health, vision loss is becoming a major public health problem.

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**April 11** — The Home Depot, 4765 Commercial Way, Spring Hill, 8 a.m. to 11 a.m.; Wal-Mart, 1485 Commercial Way, Spring Hill, Noon to 4 p.m.; Hernando County Fair Association, 6463 Broad St., Brooksville, 3 to 8 p.m.

**April 13** — Wal-Mart, 7305 Broad St., Brooksville, 12:30 to 6:30 p.m.; Chick-Fil-A, 13143 Cortez Blvd., Brooksville, 1 to 7 p.m., Sandwich coupon

**April 14** — PHCC, 11415 Ponce De Leon Blvd., Brooksville, 11 a.m. to 6:30 p.m.; Winn-Dixie, 1230 Broad St., Brooksville, Noon to 6 p.m.

**April 15** — Hernando County School Board, 919 N. Broad St., Brooksville, 9 a.m. to Noon; High Point Community Clubhouse, 9 a.m. to 2 p.m.; Cross Roads Plaza, 20144 Cortez Blvd., Brooksville, 1 to 4 p.m.; WREC, 10004 Cortez Blvd., Brooksville, 2:30 to 5 p.m.

**April 16** — SWFWMD, 2379 Broad St., Brooksville, 7:30 a.m. to 5 p.m.; Goodyear Tire & Rubber Company, 740 S. Broad St., Brooksville, Noon to 4 p.m.

**April 17** — Brooksville Regional Hospital, 17240 Cortez Blvd., Brooksville, 10 a.m. to 6 p.m., Meal Ticket; Sand Hill Scout Reservation, 11210 Cortez Blvd., Brooksville, 4 to 8 p.m.

**April 18** — Sand Hill Scout Reservation, 11210 Cortez Blvd., Brooksville, 8 a.m. to 4 p.m.; Lowe's, 4780 Commercial Way, Spring Hill, Noon to 4 p.m.

**April 19** — St. Joan of Arc, 14107 Spring Hill Drive, Spring Hill, 8 a.m. to 1 p.m., Chick-Fil-A coupon; Christian Church in the Wildwood, 10051 Country Road, Wee-ki Wachee, 10 a.m. to 3 p.m., Chick-Fil-A coupon; Apple-bée's, 4651 Commercial Way, Spring Hill, 2 to 5 p.m., Appetizer

## The question is, will they keep it? Aging effects vision but nutrition and technology can help doctors keep blindness at bay.

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**T**here's no escaping it. We are all aging and science can't stop it — yet. Our eyes, like our other organs, will inevitably give in to that process.

As our population gets older, we are collectively seeing less, less clearly. According to the National Eye Institute, part of the National Institutes of Health, vision loss is becoming a major public health problem.

It's estimated that more than 3 million people over 40 are affected by blindness or low vision — that's one in every 28 people. By 2020 the numbers are expected to pass 5 and half million. Those over 65 are the fastest growing segment of that population.

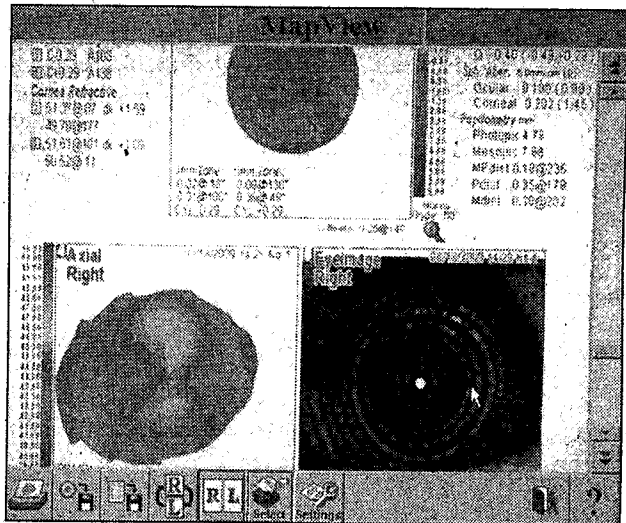
As we grow older our eyes need more light to see, it gets harder to tell the difference between darker colors or see things that are near clearly. It also gets difficult to adjust to glare and darkness.

Though we may not be able to stop the hands of time, when it comes to our eyes, we can slow its effects.

### Protecting our eyesight

A healthy lifestyle benefits vision as much as it benefits the other organs in our body. Prevent Blindness America says people can lower their risk for eye disease and vision loss by doing the obvious — eat healthy foods, stay active, don't smoke, control your blood pressure and protect your eyes from the sun.

Just as you protect your skin from cancer with UV sunscreens, wearing sunglasses that absorb 99-100 percent of both UV-A and UV-B rays will protect your eyes. Sunglasses are recommended for everyone, even children, because those harmful UV rays are thought to increase the risk factors of common eye-related



The 3-D Wave machine produces this readout after it shines a beam of light into the eye. If it bounces back the same way it went in, it indicates a healthy eye. It's the first test Stolte does for patients.



Stolte goes over charts with patient educator Valerie Ciccio.

## Debunking eye myths

By VIRGINIA DIAZ  
Hernando Today  
correspondent

**O**ver the years we've all heard "folk" advice on what's good or bad for our eyes, but what's fact and what's fiction?

It's generally thought that not using the right glasses and/or not using glasses as prescribed will hurt your eyes. For the most part that's not true. Some children may have conditions that can be corrected with glasses and they must wear them as the doctor directs. But for the rest

of reasons.

Some people think you only need an eye exam if you're having problems. Not true. A good eye health program is important and it should include a regular eye exam for everyone.

Another myth is that nothing can be done to prevent blindness. It's proven that regular eye exams and safety eye-wear can save your sight.

Last, with so many people spending so much time at computers, some people wonder

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# Debunking eye myths

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**O**ver the years we've all heard "folk" advice on what's good or bad for our eyes, but what's fact and what's fiction?

It's generally thought that not using the right glasses and/or not using glasses as prescribed will hurt your eyes. For the most part that's not true. Some children may have conditions that can be corrected with glasses and they must wear them as the doctor directs. But for the rest of us, using your eyes with or without glasses will not cause any further damage.

Abe Lincoln was said to have done his reading by candlelight, but according to medical science it didn't hurt his eyes. Reading in dim light may cause fatigue but nothing else.

Are carrots really good for your eye? Yes and no. Carrots are high in vitamin A, which is needed for sight, but only a small amount is needed for good vision. But eat carrots anyway — they are good for lots

of reasons. Some people think you only need an eye exam if you're having problems. Not true. A good eye health program is important and it should include a regular eye exam for everyone.

Another myth is that nothing can be done to prevent blindness. It's proven that regular eye exams and safety eye-wear can save your sight.

Last, with so many people spending so much time at computers, some people wonder if it will damage their eyes. The answer is 'no'.

A computer screen does not cause eye damage. They give off very little or no harmful radiation. But extended computer use can cause fatigue, dry eyes or eyestrain. The symptoms of 'computer eye' include sore or irritated eyes and difficulty focusing.

You can prevent these problems by checking with your eye doctor to see if glasses are needed. You can also rearrange your workplace to be more eye-friendly.

## Protecting our eyesight

A healthy lifestyle benefits vision as much as it benefits the other organs in our body. Prevent Blindness America says people can lower their risk for eye disease and vision loss by doing the obvious — eat healthy foods, stay active, don't smoke, control your blood pressure and protect your eyes from the sun.

Just as you protect your skin from cancer with UV sunscreens, wearing sunglasses that absorb 99-100 percent of both UV-A and UV-B rays will protect your eyes. Sunglasses are recommended for everyone, even children, because those harmful UV rays are thought to increase the risk factors of common age related eye diseases like macular degeneration and cataracts. Leaving eyes unprotected can also cause skin cancer around the eyelids and corneal sunburn, which can mean temporary vision loss.

Also a yearly visit to an eye doctor should be as routine as an annual physical. Before choosing an eye care professional it's important to know who's who in the vision field

### Eye care professionals

Ophthalmologists and optometrists are both  
See YOUR EYES, Page 9 »

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**April 20** — Sumter Farmer's Market, County Road 471, Webster, 9 a.m. to 2 p.m.; Hernando County Utilities Department, 7425 Spring Hill Drive, Spring Hill, Noon to 5 p.m.; Florida Highway Patrol, 1319 Ponce De Leon Blvd., Brooksville, 9 a.m. to Noon

All donors must be at least 17 years of age (16 with written parental consent) and present a valid photo ID.

**LifeSouth Community Blood Center, Cortez Boulevard, is open from 9 a.m. to 5 p.m. every Monday, Tuesday and Friday. From 9 a.m. to 7 p.m. every Wednesday and Thursday and from 8 a.m. to 2 p.m. Saturday and 10 a.m. to 4 p.m. Sunday.**

highly publicized cases of dating violence and domestic abuse as teachable moments.  
But it just can't be a one-time conversation. To truly counteract the constant negative messages they receive from the media, their peers and the celebrities they idolize, adults need to act as positive role models every day to reinforce messages of respect and equality by talking with their kids, monitoring what they're taking in and challenging unhealthy behaviors. Three weeks ago, a Nature Coast Technical High School teen and a friend set fire to his girlfriend's house with one of her roommates inside. His reason: He didn't want her living there. It's time for us to wake up and realize this isn't just happening in the news — it's happening in our own backyard. Let's do something about it.

*Morgan C. Moeller is the prevention and social change advocate for the Dawn Center. She can be contacted at 352-592-1288.*

new economy of permanent prosperity with prices of financial instruments reflecting that happy fact, you should take cover. This has been the standard justification of speculative excess for several centuries — for a good part of the millennium. My one-time Harvard colleague Joseph Schumpeter thought inevitable and even beneficial what he called 'creative destruction' — the cyclical process by which the system eliminates the people and institutions which are mentally too vulnerable for useful economic service. Unfortunately the process has larger and less benign effects, including the possibility of painful recession or depression. ABC-News.com columnist Michael Malone, author of the forthcoming "The Future Arrived Yesterday," "Combined with all of the other impediments put up this decade by government against new company creation, an increase in the capital gains tax could end most new (nongovernment) job and wealth creation in the U.S. for a generation. If Mr. Obama is serious about getting the country out of this recession using

"How can you be so and to this? It's often poetic when it's a simple principle that the understanding of the world's some of the world's st educated people. If I have even half a in, I'd advise you to t using it and pay around you, right now, those running the government are liars! lie to you every day you fall for it. Com- n sense should tell you cannot spend

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United Church of Christ will host Senior Wellness Day from 9 a.m. to noon Thursday, April 30, at the church located at 4244 Mariner Blvd. The event will feature professional financial planning information; a local psychiatrist speaking about maintaining good mental health, and a health care professional who will speak about nutrition. Diabetic and blood pressure screening will be available free of charge. Reservations are suggested. For information or reservations, call 352-277-3409 or the church office at 352-683-4870.

### Better You Workshop Offered

**SPRING HILL** » Hernando County Recreation Department will offer The Better You Workshop from 8 to 10 a.m. Saturdays, April 11, 18, 25 and May 2, at Delta Woods Park, 3400 Deltona Blvd. The instructor will be Lori Bainum. The workshop is for age 16 and up, and the cost is \$99 per person. To register, call 352-754-4031 or e-mail Lori at lori@realcouchingbylori.com.

Country Community Association, Crosspoint Church and Publix. Sponsorships are still available.

The Red Mule Runners Club will be doing on-site registration and timing the course, Augustyniak said.

Breakfast will be provided by Chick-fil-A, and Crosspoint Church will provide a live DJ at the finish of the race.

For more information, e-mail pataugust@tampabay.rr.com or call Genesis Health and Fitness at 352-597-9383.

*Community news editor Timothy P. Howsare can be reached at 352-544-5284 or thowsare@hernandotoday.com.*

## YOUR EYES

Continued From Page 8

trained in primary eye care services like general eye care and vision tests.

They can both diagnosis diseases, prescribe treatments and preventions and write prescriptions for medicines and eyeglasses. The major difference is in education and training.

Ophthalmologists are medical doctors who specialize in the care of eyes, the visual system and the prevention of eye disease. They have been through an undergraduate pre-med degree then on to medical school, internship and three or more years of specialized medical and surgical training. As physicians they are licensed and/or certified by state medical boards to perform both primary, secondary and tertiary care services.

Optometrists study pretty much the same thing but to a lesser extent. They are health care professionals trained to provide primary eye care services. They have a pre-professional undergraduate degree and must go on to another 4 years of training at a profession college of optometry. They are licensed by the state board of optometry.

Opticians are trained in the designing and making of lenses. It's advisable to get a recommendation from a friend or family member before choosing an optometrist, ophthalmologist or optician.

If you suffer from dia-

betes or high blood pressure or have had a stroke, being screened for eye disease is doubly important and in many cases regular health insurance or Medicare will cover it.

"Insurance will pay for a visit providing there's a pathology or clinical complaint," says Valerie Ciaccio, patient educator at Stolte Eye Center in Spring Hill.

"Itchy eyes, irritated eyes which is usually dry eye, flashers and floaters, headaches — all could be indications of something more serious."

### Symptoms, disease and diagnosis

Early diagnosis and treatment is key in slowing the progression of incurable eye disease.

Symptoms of problems that should be checked out include trouble adjusting to dark rooms, squinting or blinking brought on by light or glare, change in the color of the iris, recurrent pain in and around eyes, a dark spot at the center of vision, seeing distorted lines and edges, excess tearing, itching and burning or seeing spots.

Some symptoms warrant an immediate visit to an eye doctor or emergency room depending on their severity. These include sudden loss of vision in one eye, sudden hazy or blurred vision, flashes of light or dark spots, halos or rainbows around light, vision loss that looks like a curtain and loss of peripheral vision.

But even if your vision

is good, disease could be present, especially if you are in a high-risk category.

"A lot of people confuse good vision with a healthy eye," says Ciaccio. "Our equipment picks up clinical signs on patients before symptoms even manifest." One piece of early detection equipment Dr. Keith Stolte, MD prizes is a high tech tool called a "3-D Wave" machine.

It is the first test he gives his patients. "It will shine a beam of light through your eye and show me what comes back. If there's no obstruction in the vision light comes out the way it went in." For example, Stolte explains, "If there's a bulge in the cornea it's going to show up here as a protuberance. This tells me I have a cornea problem. I couldn't see this early." The colors on the screen show the different ways light is going through the eye, which flags Stolte on presence of glaucoma and other vision-threatening diseases in the early stages.

Next week we'll look at eye diseases and evidence of the power of nutrients and vitamin therapy in preventing and stopping the advance of eye disease as well as tips on how to select eyeglasses, lenses and coatings and what to do if you have an eye emergency at home.

*Virginia Diaz writes regularly for the Hernando Today Health Today section. She can be contacted at virginia.diaz61@gmail.com.*

## MYTHS

Continued From Page 8

Put your screen 20 to 25 inches away from your eyes and little bit below eye level.

Use a document holder

screen so you don't have to swing your head back and forth as much and constantly change your eye focus.

Reduce glare and harsh reflections by changing your lighting or putting a glare filter over your

Get screens and keyboards that are adjustable.

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