



# The Beacon

The Newsletter of  
Med-Cert, Inc.  
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## Med-Cert Medical Management Resources

*“Guiding your way to better health management”*

### VISON & EYE HEALTH

#### **Filtering Office Lights Eases Workers' Eyestrain**

Eyestrain, or asthenopia, is widespread among computer users. Filtering fluorescent lights in offices to produce light similar to natural sunlight reduces workers' eyestrain.

A research team evaluated the effect of filtered light on 49 data entry workers who worked under traditional fluorescent light. They first asked the workers to answer questions about eyestrain, and then replaced the traditional panels over the fluorescent tubes with acrylic panels tinted to give off a more natural light. After 2 weeks working under the filtered lights, the researchers surveyed the workers again.

After working under the filtered lights, the study participants reported a significant decrease in eyestrain, eye fatigue, sensitivity to light, blur with computer use, and glare or reflections from the computer screen.

Nearly 75% of the workers said they preferred the filtered light to the unfiltered. The filtering panels are available commercially.

In addition to working under filtered light, computer users who want to reduce eyestrain may also consider reducing reflection off the computer screen by placing special deflecting shields over the monitor.

### SPORTS EYE SAFETY

#### *Proper protection prevents most injuries*

Each year, children suffer more than 30,000 sports-related eye injuries, says the American Academy of Ophthalmology (AAO). Sports are the leading cause of school-age children's eye injuries, which has doubled over the last three years. However, 90% of those injuries are preventable. All kids in organized sports should be encouraged to wear appropriate eye protection.

Baseball accounts for the largest amount of eye injuries from ages 5 to 14 – about 21%. Basketball is the leader for 15 – 24 year olds, accounting for 32 percent. Other high-risk sports are hockey, football, lacrosse, racquetball and soccer.

Although eye protection cannot prevent every injury, the right gear is extremely effective.

### A VISON FOR SAFETY

- Have children's eyes checked before sports participation. If they cannot see, they cannot duck the puck or duck the ball.
- Pick the right eye guards. They differ not only sport-to-sport, but they need to be fit to the child.
- Buy prescription glasses made of polycarbonate plastic, which can withstand a projectile traveling 90 mph.
- For contact sports, choose eye guards or glasses with padding at the nose and the brow.

- Choose glasses with strong frames and secure them with a strap.
- Ask your doctor about prescription sports eye guards.

### **Employee Spotlight**

#### **Mickey Underwood, RN, CCM Director of Case Management**



We think of Mickey as our *“leader”*. She drives the case management product for Med-Cert as well as oversees all clinical areas. Mickey may be petite in size, but she is dynamic in her role as a case manager, supervisor, mother, wife, and friend. Mickey was born and raised in the Tampa Bay area and went to nursing school at Florida State University in Tallahassee (yes, she is an avid FSU/Seminole fan). She has held multiple nursing positions in med surgical, cardiac care, home health, teaching, utilization review and case management. Mickey is married and has two daughters. In her spare time, she enjoys sports, reading, beach activities, and traveling.

## Did you Know...

Watermelon fights cancer.



It is a good source of the antioxidant *lycopene*. Watermelons have 60% more lycopene than raw tomatoes. The body needs a little fat to absorb lycopene, so consider having watermelon for dessert after a meal that includes some fat.

## Easy Ways to Improve Your Nutrition

Improving your nutrition does not have to be difficult. A good way to start is with one of these suggestions.

- **Keep a bowl of fresh fruit available.** Place a bowl or basket of fruit on your counter at home and/or on your desk at work. Availability is everything. If it is there, you are more likely to eat it.
- **Eat breakfast.** After an overnight fast, your brain needs fuel to perform well. Skipping breakfast probably will not save you any calories, either. It usually just makes you hungrier for lunch or a midmorning snack. Spreading your food intake over the day (starting with breakfast) is the best way to burn calories most efficiently.
- **Plan ahead for routine meals and snacks.** People who eat regular meals get a more balanced, healthier diet and are closer to their goal weights. Planning meals also saves you time.
- **Pack your lunch the night before.** If you tend to rush in the morning and do not have time to eat breakfast or pack a lunch, try setting everything up the night before. Create a routine that you do not have to think about in the morning.
- **Buy a healthy cookbook or food magazine.** If you like to cook, this can help inspire you to cook healthier foods and meals.



## FRESHEST BREAD

When buying bread, have you ever wondered which is the freshest? Most of us "squeeze" the bread for freshness or softness.

Bread is delivered fresh to the stores five days a week. Monday, Tuesday, Thursday, Friday and Saturday. Each day has a different color twist tie.

They are:

- Monday – Blue
- Tuesday – Green
- Thursday – Red
- Friday – White
- Saturday - Yellow

So if today were Thursday, you would want a red twist tie - not white, which is Fridays (almost a week old)!

The colors go alphabetically by color Blue - Green - Red - White - Yellow, Monday thru Saturday.



## Wet Your Whistle Often

### There is something in the water--and it appears to be good for your heart.

In a recent study, drinking at least five glasses of water per day was shown to reduce the risk of fatal heart attack by about 50%, compared to drinking only two glasses per day. Drinking other fluids, such as tea, juice, coffee, or milk, did not have the same protective effect as drinking water.

**Benefit:** Actively patrolling your health can make your RealAge as much as 12 years younger.

## Med-Cert provides:

*Utilization Management, Maternity Management, Large Case and Wellness Disease Management, Transplant Coordination and Stop Loss Assessments*

**For information on any of our services, please call 866-261-5657 (toll free).**

**We are on the Internet. Visit us at:**

[www.medcertinc.com](http://www.medcertinc.com)

## NATIONAL OBSERVANCES

### January

*National Health Awareness Month  
National Birth Defects Prevention Month  
National Glaucoma Awareness Month  
National Volunteer Blood Donor Month*

### February

*American Heart Month  
AMD/Low Vision Awareness Month  
Kids E.N.T. (Ear, Nose, & Throat) Month  
National Children's Dental Health Month  
Wise Health Consumer Month*

### March

*American Red Cross Month  
Mental Retardation Awareness Month  
National Chronic Fatigue Syndrome Awareness Month  
National Colorectal Cancer Awareness Month  
National Eye Donor Month  
National Kidney Month  
National Nutrition Month  
Save Your Vision Month  
Workplace Eye Health and Safety Month*

## Recipe Corner



### Lemon Chicken

(This recipe takes only 15 minutes to make)

4 six-ounce boneless, skinless chicken breasts  
1 tbs. olive oil  
Salt and freshly ground pepper  
2 tbs. lemon juice  
2 tbs. water  
1 tsp sugar  
¼ cup freshly chopped flat-leaf parsley

Place the chicken between 2 pieces of waxed paper. Using a meat mallet or the bottom of a heavy skillet, flatten the chicken breasts to a quarter-inch thick. Heat olive oil in a large, nonstick skillet on high. Add chicken, and brown for two minutes. Turn and brown the other side for two minutes. Remove to a plate. Add salt and pepper to taste. Add lemon juice and water to the skillet, and scrape up the brown bits. Simmer to reduce the liquid by half, and add sugar, salt and pepper to taste. Spoon sauce over chicken. Sprinkle parsley on top.

Serve with pasta, crusty bread and a green salad.



This newsletter is brought to you courtesy of Med-Cert, Inc. Our sources for this edition were "Starting Out Healthy" and "Bottom Line" publications, WebMd, Real Age - Health Tools and Tips for Living Younger, and the National Health Observances web sites.