



A Publication of the Port City Lions Club  
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Web Page <http://galions.org/18b/portcity/>

# Monthly News

## District Convention

It is not too early to start making your plans to attend the 18-B District Convention on February 24, 25, and 26, 2006, in Hinesville, Georgia—home of the 3<sup>rd</sup> Infantry Division and Fort Stewart as well as the home of District Governor Lew Waldrop and his family.

Events are scheduled for Friday to Sunday. On Saturday morning, you can either play a round of golf or visit historical sites in Liberty County. The Past District Governors Association luncheon and meeting is scheduled for noon. The cabinet meeting is at 2:30 pm in the new Army Education Center. And—our banquet will be at Club Stewart!

International Director Terry Graham and his wife, Jean, from New Castle, Ontario, Canada, will be our special guests. Come and help show them our Southern hospitality.

Start today by reserving these dates to come to Hinesville.

## January is Glaucoma Awareness Month

Glaucoma is a group of eye diseases that slowly damage the fine nerves that connect the eye to the brain. For most people this damage occurs when pressure in the eye is too high. When these nerves are damaged, vision loss may result. Glaucoma used to be defined as an increase of pressure inside the eye (intraocular pressure), but research shows that damage can occur even when pressure is in a “normal” range.

Because glaucoma develops gradually and painlessly a person could have the disease for many years and not have any symptoms, even while damage occurs. For this reason glaucoma is sometimes referred to as the “sneak thief of sight”.

It is estimated that about 4.2 million Americans have glaucoma, but only half of those have been diagnosed. Vision lost to glaucoma cannot be restored and glaucoma cannot be prevented. However, if diagnosed and treated early, it can be controlled. For this reason health professionals recommend an eye exam every two years for people at risk.

Glaucoma is the second leading cause of blindness in the United States and the leading cause of blindness among African-Americans and Hispanics. Others at risk are people over 60, those with a family history of glaucoma, diabetics, and those who have a high degree of myopia, or near-sightedness.

An eye care professional makes a diagnosis of glaucoma after a comprehensive eye exam and while it can't be cured, it can be treated. The most common treatments are usually prescription eye drops and medicines. In some cases, laser treatment or surgery may be needed.

### Facts About Glaucoma

Glaucoma is a group of eye diseases that slowly damage the fine nerves that connect the eye to the brain. For most people this damage occurs when pressure in the eye is too high. Damage to these nerves can eventually cause vision loss.

Glaucoma usually progresses without pain or other symptoms until some vision is lost.

Glaucoma is the second leading cause of vision loss in the United States.

It is estimated that about 4.2 million Americans have glaucoma, but that only half of those have been diagnosed.

Early diagnosis, proper treatment and proper medication are the best defenses against vision loss.

Medicare covers an annual dilated eye exam for all people at high risk for glaucoma.

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<b>Birthdays and Anniversaries</b>	
<b>Anniversary</b>	
<b>None in January</b>	
<b>Birthdays</b>	
<b>Edward Gamble</b>	<b>January 1</b>
<b>Jim Peterson</b>	<b>January 7</b>
<b>Marge Langston</b>	<b>January 31</b>