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HEALTHCARE

JANUARY 2024



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By Joining Las Vegas Heals, You Are Joining Other Organizations That Employ Over 34,000 Healthcare Professionals. There Are Varying Levels Of Membership From Individual To Large Company. Membership Level Is Based Upon The Number Of Employees Working In Nevada. All Employees Have Access To Member Benefits.

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WELCOME

Dear Readers,



Diego A. Trujillo
CEO of Las Vegas HEALS

As we turn the pages of time, embarking on another chapter in our collective journey, reflecting on the essence of vision is imperative. Not just the vision that meets the eye but the vision that ignites the soul – a clear, compelling foresight into our future. I have always been a proponent that, to cast organizational vision, one must first clearly define one’s vision.

As we push into this year, we have been excited to see projects begin to materialize and results that we could have hardly anticipated. Over the last 3 years as CEO of Las Vegas HEALS, my aim has always been to bring together the healthcare organizations in our state and help to unite the voice of healthcare in Southern Nevada.

In this fast-paced era, where change is the only constant, having a clear vision is more than a luxury; it's necessary. It's the guiding star that directs us through the chaos of information overload and the myriad choices that confront us daily. But how do we cultivate this clarity of vision in a world that often seems blurred by the relentless pace of innovation and societal shifts? Add to that the fragmentation that we experience in trying to coordinate care, we sometimes can feel overwhelmed.

The answer lies in understanding the power of purpose. A clear vision is rooted in the purpose that drives us – as individuals and as communities. It's about knowing what matters most to us, recognizing the challenges ahead, and aligning our actions with these deeper values.

In this edition, while we focus on clarifying literal vision, I want to encourage you to reflect on your vision. It is only with a clear vision that we can achieve for ourselves, our families, our organizations, and, more importantly, our community!

I look forward to another great year!

PHYSICIAN SPOTLIGHT & INTERVIEW

Weldon (Don) Havins, MD, JD

**Professor Emeritus in Ophthalmology & Medical
Jurisprudence Touro University Nevada**



**"About 3 million Americans have
glaucoma but only one-half of that
number know they have glaucoma."**

One of the most common causes of blindness in the United States, and the most common cause of blindness in African Americans, is glaucoma. About 3 million Americans have glaucoma but only one-half of that number know they have glaucoma. The incidence of the most common form of glaucoma, Primary Open Angle Glaucoma (POAG), is more common in patients of advancing age who have a positive family history of glaucoma although POAG can occur in any age group without a positive family history. If POAG is detected early and treated appropriately medically or surgically, blindness can almost always be prevented. Patients with POAG are generally asymptomatic until the very last stages of glaucomatous visual field loss. A very few will complain of ocular discomfort, or of colored halos around lights, or of ocular inflammation (a secondary glaucoma associated with intraocular uveitis). Nevertheless, patients with these symptoms should arouse suspicions of open angle glaucoma.

POAG is particularly dangerous because the visual field loss in the eye is slow and involves the peripheral visual fields. The visual fields contract slowly until the patient is "looking through a straw". The central visual acuity remains intact until very late in the course of the disease. When the central visual field is lost, the patient retains a vague sense of light perception which then fades, leaving the patient totally blind (no light perception). The key to preventing the devastating consequences of untreated POAG is early diagnosis.

Fundamentally, POAG is an optic neuropathy usually associated with persistently elevated intraocular pressure. A small percentage of patients can develop POAG with normal intraocular pressures, so called normotensive POAG. For primary care health care providers, the most significant sign of POAG is abnormally enlarged cupping within the optic disc in the fundus of the eye. Primary care providers usually do not have access to a tonometer to measure intraocular pressure, a formal visual field testing apparatus, or to an OCT (optical coherence tomography) unit, which are used by ophthalmologists to make the diagnosis of POAG.

Thus, there is no substitute for visualization of the optic disc to raise suspicion of the presence of POAG. Enlargement of the optic cup in the optic disc is the key to suspect POAG. A optic cupping of greater than .5 (or half of the diameter of the optic disc) is suspicious for POAG, especially when the vertical diameter of the cupping is greater than the horizontal cupping diameter. It is compellingly important for the primary care provider to acquire the skills to visualize the optic disc to determine the degree of optic cupping with subsequent referral to the ophthalmologist to evaluate for possible POAG.

Observation of the optic disc is also important to determine abnormal optic disc appearances such as swelling of the optic nerve associated with optic neuritis or papilledema.

Direct ophthalmoscopy through a small 2 or 3 millimeter pupil can be daunting. Visualization can be greatly facilitated dilating the pupil. A pupil can be dilated by using a sympathomimetic eyedrop such as phenylephrine 2.5%. Phenylephrine will usually dilate the pupil one or two millimeters which is usually sufficient to visualize the optic disc. A cycloplegic eyedrop, such as tropicamide 1 %, especially when combined with phenylephrine, usually dilates the pupil to 5 or more millimeters, and provides an excellent view of the fundus of the eye with direct ophthalmoscopy.

Some primary care providers are reticent to dilate the pupil for fear of creating an acute angle closure glaucoma. Acute angle closure glaucoma is characterized by a sudden marked elevation of intraocular pressure caused by the peripheral iris blocking outflow of aqueous due to precipitous obstruction the trabecular meshwork. Acute angle closure glaucoma is associated with a severe frontal headache on the side of the red eye, blurred vision due to corneal edema, and a mid-dilated fixed pupil (does not react to light). Should a patient develop these symptoms, urgent referral to an ophthalmologist is indicated. The ophthalmologist will "break the attack" and then, most often, perform a laser peripheral iridotomy to prevent future angle closure events. While acute angle closure glaucoma occurs more commonly in middle aged and elderly patients who are far sighted (the distance corrective lenses magnify, rather than minify), it can occur in any patient anatomically predisposed with narrow angles. Health care providers concerned about inducing an angle closure event often use only phenylephrine to dilate the pupil since acute angle closure events are very rare using only phenylephrine to dilate the pupil. Nevertheless, a prudent provider will inform the patient to contact the provider immediately if the patient develops blurred vision in either eye, a headache, or a red eye within a few hours of the exam. Should the provider not be available, the patient should be referred to an emergency room which has an ophthalmologist on call who will address the situation.

Please remember that half of Americans with glaucoma do not know they have the disease. Health care providers evaluation of optic nerve cupping is a critical first step in addressing this insidious disease.

Below is an example of an enlarged optic cup of POAG with a vertical diameter greater than the horizontal diameter.

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MEMBER SPOTLIGHT

Katie Rose Waechter

Watch Media Group



"I found HEALS to be an excellent organization to meet and work with leaders in healthcare."

Tell us a little about your business and your role within that business?

I am the owner of Watch Media Group and we are a content writing firm focused on the healthcare space. Watch Media Group helps mental health and healthcare organizations tell their story and break down stigmas, so that they can reach more people and help more people who are struggling. With an eye for research, we write unique, engaging, and SEO-friendly content for organizations in both healthcare and mental health. My education in Psychology and Information Science, and my background working in the mental health space, have given me the unique ability to deliver high-quality content, and to help people and organizations tell their stories effectively. Some of our services include content marketing, email marketing, social media management, and more extensive projects like ghostwriting non-fiction books.

How long have you been in business and what accomplishments are you most proud of?

We've been in business since 2018, and working exclusively with healthcare and mental health organizations since 2020. I'm proud to have given a voice to others who may be struggling with their health or mental health, and organizations that have services that can help those people. Education about these services is so important in our community. I am really proud to work with the National Alliance on Mental Illness (NAMI), and the Southern Nevada and Nevada chapters. We are on a mission to help these organizations share their story, reach more people, and ultimately help more people.

What does leadership in the Southern Nevada medical community look like to you?

Born and raised in Las Vegas, I've seen the struggles in healthcare firsthand. But I have also seen a lot of growth - especially seeing leaders and community members stepping up to help unite the healthcare community. As Las Vegas continues to grow, the healthcare community must continue to grow with it. We are currently at the bottom of the list for mental health, but I believe that it can get better! It's up to us who call this place home to make a difference in our community and our state.

What do you see for the future of healthcare in Southern Nevada?

I'm looking forward to the next legislative session and all the work that it's going to take to educate the community leading up to that session. Nevada is one of only a few states where our policymakers are easily accessible throughout the year. Change is possible, but it starts with people like us taking action in our community.

How long have you been a member of HEALS and why did you join?

I've been a member of HEALS since 2019, continuing through the pandemic to today. I joined when I made an intentional decision to focus my business on the healthcare space and connect with that community. I found HEALS to be an excellent organization to meet and work with leaders in healthcare. The HEALS Legislative Task Force is at the forefront of the changes we need. Being a part of the legislative task force is one of my favorite parts about HEALS. I believe our stories are powerful and can create change for the better. It's exciting to get the chance to be part of that change.

"We are on a mission to help these organizations share their story, reach more people, and ultimately help more people."



CLARK COUNTY MEDICAL SOCIETY

4TH ANNUAL VIRTUAL RESEARCH SYMPOSIUM FEB. 3RD, 2024

The Clark County Medical Society (CCMS) is making strides in keeping our physicians in Nevada by hosting their 4th Annual Residents, Fellows, and Medical Student Virtual Research Symposium. The presentation portion will be emceed by Nathan Tannenbaum of KLAS 8 News NOW and feature over 60 posters submitted by Clark County Residents, Fellows, and Medical Students.

One of the goals is to showcase the great research being performed by our Residents, Fellows, and Medical Students across all the GME programs in our communities. Dr. Mitchell Forman, current CCMS President and Professor of Medicine and Program Director of the Rheumatology Fellowship at the Kirk Kerkorian School of Medicine at UNLV, believes the poster session of the CCMS Research Symposium acknowledges participant's interest in primary medical research that falls into three main categories: laboratory, clinical and epidemiological.

The skills involved in this research, even as early as medical school, can help future doctors learn many skills that make them better clinicians. It prepares them to appraise research evidence and to think more critically about health care situations, and may improve patient outcomes. At the resident level, these skills may be applied directly to patient care and a better understanding of the quality of the research that led to utilize information to improve patient care and outcomes.



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What Is Glaucoma?

Glaucoma is a group of eye conditions that can damage the optic nerve, which is crucial for good vision. The damage to the optic nerve is often associated with increased pressure in the eye, known as intraocular pressure (IOP). However, glaucoma can also occur with normal or even low eye pressure. There are several types of glaucoma, but the two main categories are open-angle glaucoma and angle-closure glaucoma.



Open-angle glaucoma: This is the most common form of glaucoma. The drainage angle where the iris meets the cornea is open, but the trabecular meshwork, a spongy tissue responsible for draining the aqueous humor (fluid in the eye), becomes less efficient over time. This results in increased intraocular pressure and potential damage to the optic nerve.

Angle-closure glaucoma: In this type, the drainage angle between the iris and cornea is narrowed or blocked, leading to a sudden increase in intraocular pressure. This is considered a medical emergency and requires prompt attention to prevent vision loss.

Glaucoma often develops gradually and without noticeable symptoms in its early stages, earning it the nickname "the silent thief of sight." As the condition progresses, peripheral vision may be affected, and if left untreated, it can lead to permanent vision loss and blindness.

Regular eye examinations, including measurement of intraocular pressure, are crucial for detecting glaucoma early. Treatment options may include medications, laser therapy, or surgery, depending on the type and severity of the condition. Early detection and management are key to preserving vision in individuals with glaucoma.



Can Glaucoma Be Prevented?

While glaucoma cannot always be completely prevented, there are steps individuals can take to reduce their risk of developing the condition and to detect it early when it is more manageable. Here are some preventive measures:

Regular Eye Exams: Routine eye examinations are essential for detecting glaucoma in its early stages. Early detection allows for timely intervention and management to slow or prevent the progression of the disease.

Know Your Risk Factors: Understanding your risk factors for glaucoma can help you and your eye care professional monitor your eye health more closely. Risk factors include age, family history of glaucoma, certain medical conditions (such as diabetes), and high intraocular pressure.

Maintain a Healthy Lifestyle:

Exercise: Regular physical activity is associated with a lower risk of developing glaucoma.

Healthy Diet: A diet rich in antioxidants and nutrients, including green leafy vegetables and fruits, may contribute to overall eye health.

Maintain a Healthy Weight: Obesity can be a risk factor for some types of glaucoma.



PROTECT YOUR EYES

Eye Protection: Wear protective eyewear in situations where eye injuries are possible.

Regular Breaks: If your work involves extended periods of staring at a screen, take regular breaks to rest your eyes.

Avoid Smoking: Smoking has been linked to an increased risk of developing glaucoma, so quitting smoking may contribute to overall eye health.

Manage Other Health Conditions:

Control conditions such as diabetes and hypertension, as they can be associated with an increased risk of glaucoma.

It's important to note that while these measures may help reduce the risk or progression of glaucoma, they are not guarantees, and regular eye examinations remain a critical aspect of maintaining eye health. If you have concerns about your risk of glaucoma or are experiencing symptoms, consult with an eye care professional for personalized advice and appropriate screenings. Early detection and management are key factors in preserving vision in individuals with glaucoma.



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Is Glaucoma Reversible?

Glaucoma is generally considered to be a progressive and irreversible condition. Once damage to the optic nerve occurs, it cannot be fully reversed. However, the progression of glaucoma can often be slowed or halted with appropriate treatment and management.

The primary goal of glaucoma treatment is to lower intraocular pressure (IOP) to a level that reduces the risk of further optic nerve damage. Common treatment approaches include:

Medications: Eye drops or oral medications may be prescribed to reduce intraocular pressure.

Laser Therapy: Procedures such as laser trabeculoplasty or laser peripheral iridotomy may be used to improve drainage or open the drainage angle in certain types of glaucoma.

Surgery: In some cases, surgical intervention may be necessary to create a new drainage pathway for the aqueous humor.

It's crucial for individuals diagnosed with glaucoma to adhere to their prescribed treatment plan, attend regular eye examinations, and monitor their intraocular pressure. Early detection and consistent management can help slow the progression of the disease and preserve remaining vision.

While existing damage to the optic nerve is generally irreversible, the goal of treatment is to prevent further damage and vision loss. Each case of glaucoma is unique, and the appropriate treatment plan may vary based on factors such as the type of glaucoma, the severity of the condition, and the individual's overall health. It's essential to consult with an eye care professional for personalized advice and treatment options based on the specific characteristics of your glaucoma. Advances in research and medical treatments may also impact the management of glaucoma over time.



How We Can Help

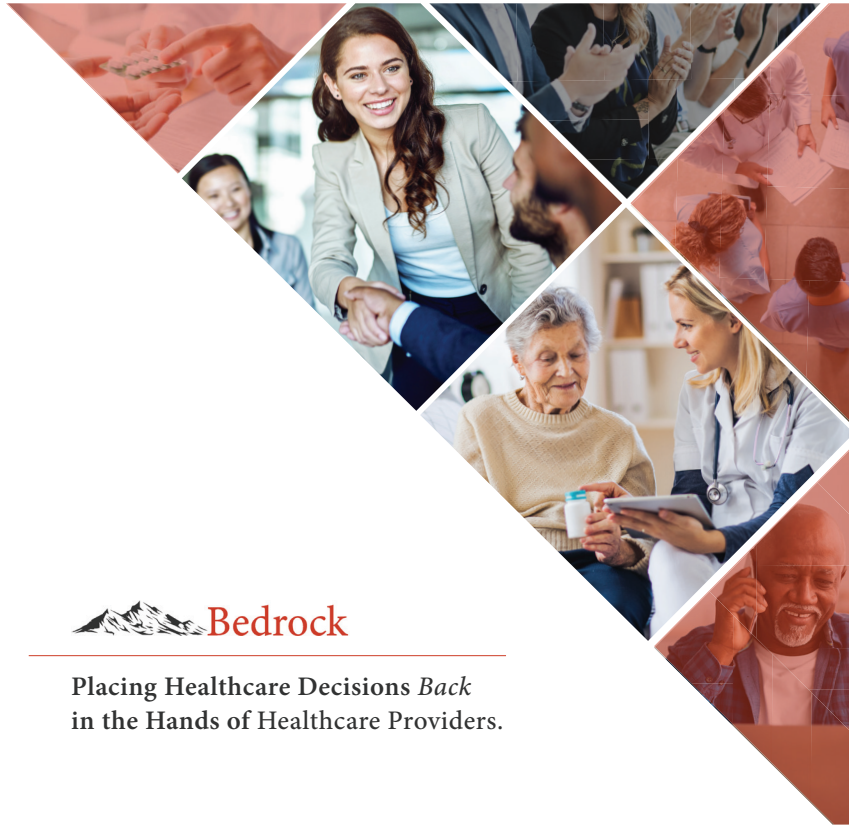
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Different Forms of Glaucoma?

There are several forms of glaucoma, each with its own characteristics and underlying causes. The two main categories of glaucoma are open-angle glaucoma and angle-closure glaucoma. Here's an overview of these main types and a few subtypes:

Open-Angle Glaucoma

Primary Open-Angle Glaucoma (POAG): This is the most common form of glaucoma. It occurs when the drainage angle between the iris and cornea is open, but the trabecular meshwork, responsible for draining the aqueous humor, becomes less efficient over time.

Normal-Tension Glaucoma (NTG): In NTG, optic nerve damage and visual field loss occur despite normal intraocular pressure. The exact cause is not well understood, but factors like reduced blood flow to the optic nerve may play a role.

Pigmentary Glaucoma: This form occurs when pigment granules from the iris build up in the trabecular meshwork, leading to increased intraocular pressure.

Exfoliative Glaucoma: Exfoliative material (extracellular material) accumulates in the eye, particularly in the trabecular meshwork, causing increased intraocular pressure.

Angle-Closure Glaucoma:

Acute Angle-Closure Glaucoma: This is a medical emergency. It occurs when the drainage angle suddenly becomes blocked, leading to a rapid increase in intraocular pressure. Symptoms may include severe eye pain, headache, nausea, and blurred vision.

Chronic Angle-Closure Glaucoma: In this form, the angle closes more gradually, and symptoms may be less severe than in the acute type.

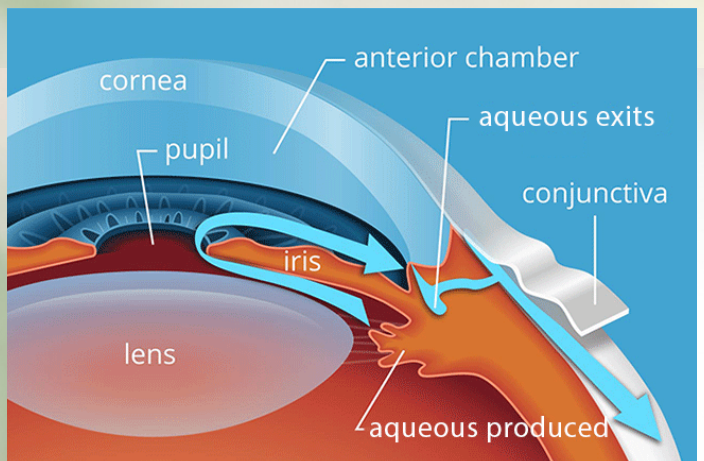
Secondary Glaucoma:

Glaucoma can also develop secondary to other eye conditions, such as uveitis, trauma, or certain medications.

Congenital Glaucoma:

This rare form is present at birth and is often associated with abnormalities in the eye's drainage structures. It requires early diagnosis and intervention.

It's important to note that glaucoma is a complex group of eye diseases, and the specific characteristics can vary among individuals. Early detection and appropriate management, often involving the control of intraocular pressure, are crucial in preserving vision in individuals with glaucoma. Regular eye examinations are key to identifying and addressing glaucoma in its early stages.



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As we come together to celebrate **The Big Game** being hosted in Las Vegas, Nevada for the first time, it is the perfect opportunity to **work together** to support our mission and help **#TackleTheWait** for those in need of an organ transplant. You can **help spread the message** by sharing the **ready-to-post social media graphics and suggested content** below or by **registering as an organ, eye and tissue donor** at www.registerme.org/tacklethewait.

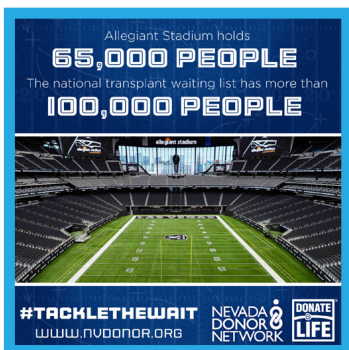
**To download the social media graphics, please click on each image below to open them online. Then, right click on the image to 'Save As'.*



Before The Big Game Post

As we come together to celebrate The Big Game being hosted in Las Vegas, NV for the first time, it is the perfect opportunity to work together to support our mission to #TackletheWait. Currently, there are more than 100,000 Americans waiting for their second chance through organ donation. Every eight minutes another person is added to the waitlist. Share this message to bring awareness to @Nevada Donor Network's mission to save and heal lives through organ, eye and tissue donation. Register here: www.registerme.org/tacklethewait

#DonateLife #TackleTheWait #TheBigGame



Putting The Waitlist Into Perspective Post

During The Big Game, we are proud to partner with the @Nevada Donor Network and bring awareness to their mission. Each day, 17 people pass away waiting for a lifesaving organ transplant. The @Allegiant Stadium holds 65,000 people. Currently, there are over 100,000 Americans on @The United Network of Organ Sharing's (UNOS) National Organ Transplant Waiting List. We have the power to #TackletheWait. Register today: www.registerme.org/tacklethewait

#DonateLife #TackleTheWait #TheBigGame



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TOGETHER TO
#TACKLETHEWAIT**

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Glaucoma Stages

Glaucoma is often categorized into different stages based on the progression of the disease and the extent of optic nerve damage. The staging of glaucoma helps eye care professionals assess the severity of the condition and determine the appropriate treatment plan. The stages can vary slightly between different classification systems, but a commonly used staging system includes the following:

Suspect or Pre-Glaucoma:

Individuals in this stage may have risk factors for glaucoma or show signs such as elevated intraocular pressure (IOP) or changes in the optic nerve head or visual field. However, there is no definite evidence of optic nerve damage or visual field loss at this point.

Early Stage or Mild Glaucoma:

Minimal optic nerve damage is present, and visual field loss may be subtle. The individual may not experience noticeable symptoms, and the condition may be detected primarily through routine eye examinations.



Moderate Stage or Moderate Glaucoma:

Optic nerve damage is more evident, and visual field loss becomes more noticeable. Some individuals may begin to experience symptoms like peripheral vision loss or difficulty adapting to low light conditions.

Advanced Stage or Severe Glaucoma:

Significant optic nerve damage is present, leading to further visual field loss. Vision impairment becomes more apparent, and individuals may experience difficulties with daily activities.

End-Stage or Late-Stage Glaucoma:

At this stage, extensive optic nerve damage has occurred, resulting in severe visual field loss and significant vision impairment. Peripheral vision may be severely compromised, and central vision may also be affected.

It's important to note that the progression of glaucoma can vary from person to person, and not everyone will go through all these stages. Some individuals may progress slowly, while others may experience a more rapid decline in vision.

Regular eye examinations are crucial for detecting glaucoma in its early stages when interventions are more effective. Treatment plans, including medications, laser therapy, or surgery, are often tailored based on the stage and severity of glaucoma in each individual. Early detection and appropriate management are essential for preserving vision in individuals with glaucoma.



KEEPING UP WITH THE **BEAT** OF YOUR HEALTHY HEART

BY: Kathleen Benson, MD

Date: February 15, 2024

Time: 6:00 pm

Location: Paseo Verde Library

Room: Program Room



Kathleen Benson, MD

- Heart disease includes any disorder of the heart and affects millions of Americans every year, yet it is highly preventable by following a healthy lifestyle.
- Identify risk factors for Congestive Heart Disease that you can control.
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Can Glaucoma Be Treated with Marijuana?

The use of marijuana or its components for the treatment of glaucoma is a topic that has been studied, but the evidence supporting its effectiveness is limited, and it is not considered a first-line or mainstream treatment. Marijuana contains cannabinoids, including delta-9-tetrahydrocannabinol (THC) and cannabidiol (CBD). Some studies have suggested that marijuana may temporarily lower intraocular pressure (IOP), which is a key factor in glaucoma. However, the effects are short-lived, typically lasting only a few hours. Additionally, the side effects and risks associated with marijuana use, including psychoactive effects and potential harm to overall health, need to be considered.

The American Academy of Ophthalmology (AAO) and other medical organizations do not recommend marijuana as a primary or sole treatment for glaucoma. This is because the IOP-lowering effect is not sufficient to provide long-term management, and the potential side effects and risks associated with marijuana use may outweigh the benefits.

Current standard treatments for glaucoma involve medications (eye drops or oral medications), laser therapy, or surgery, all aimed at reducing intraocular pressure and slowing the progression of optic nerve damage. If you are considering alternative treatments, including marijuana, it is crucial to discuss this with your eye care professional. They can provide guidance based on your specific condition, medical history, and the available evidence on the effectiveness and safety of such treatments.

It's also worth noting that laws and regulations regarding the medical and recreational use of marijuana vary by location, so it's important to be aware of and comply with local laws.



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Glaucoma Resources

If you're looking for information and resources on glaucoma, there are several reputable organizations, websites, and publications that provide valuable information, support, and guidance. Here are some resources you may find helpful:

National Eye Institute (NEI):

Website: [NEI - Glaucoma](#)

Glaucoma Research Foundation (GRF):

Website: [Glaucoma Research Foundation](#)

American Academy of Ophthalmology (AAO):

Website: [AAO - Glaucoma](#)

Glaucoma Foundation:

Website: [The Glaucoma Foundation](#)

World Glaucoma Association:

Website: [World Glaucoma Association](#)

Prevent Blindness:

Website: [Prevent Blindness - Glaucoma](#)

Glaucoma Research Society:

Website: [Glaucoma Research Society](#)

PubMed - Glaucoma Information:

[PubMed - Glaucoma](#)

Glaucoma Patient Organizations:

Contacting local or national patient organizations dedicated to eye health and glaucoma can also provide valuable resources and support.

Remember, it's essential to consult with eye care professionals, such as ophthalmologists or optometrists, for accurate diagnosis, personalized information, and treatment options tailored to your specific situation. Additionally, these resources can be helpful for staying informed, understanding the condition, and connecting with a supportive community. Always prioritize regular eye check-ups for early detection and management of glaucoma.



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Glimmer Of Hope

By Irma Pettenhofer, Silverado Red Rock

Our eyes, which we utilize to be the windows to our soul and a light unto the outside world is something that we take for granted, until we cannot. Vision, something so precious as it communicates a visual message to our very being.

With time, there are normal visual changes, as it follows our aging journey. Some changes can be normal such as losing the ability to see up close, distinguishing colors, and needing more time to adjust to light changes. However, some optical issues deviate into an abnormal realm. Glaucoma is one of these visual abnormalities. Glaucoma is a group of eye disease that can cause vision loss and blindness by damaging the optic nerve.

Glaucoma is estimated to globally impact 111.8 million people by 2040. The National Institute of Health outline potential risk of dementia in patients who have glaucoma. Both diseases have certain pathogenic similarities, including nerve degeneration and higher increase rate for folks in the elderly population 65+. Furthermore, (Pahaya, 2023) mentions a linkage between amyloid beta protein,, a degenerative product released by retinal ganglion cells, to both Alzheimer's Disease and Glaucoma.

So what can we do to preserve both our optic and cognitive well-being? The following guidelines can help both;

1. Healthy diet
2. Exercising
3. Reduce caffeine intake.
4. Elevate head while sleeping.
5. Regular eye exams

Since there is a linkage between glaucoma and dementia, whatever you do to help one, impacts the other- so develop a healthy, stress-free lifestyle as much as you can. At Silverado Red Rock we provide a holistic approach to aging and memory care. Utilizing the 5 pillars of Brain Health, we create a positive cognitive journey for our residents and families. Having a healthy diet, stress reduction, adequate sleep patterns, and socialization and engagements are the pinnacle of our success in this area. So eat well, get a good nights sleep, stay engaged and connected to others, and get regular checkups with your medical providers. It is never too late to begin a healthy lifestyle journey.



4

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Our sincerest gratitude goes out to our Sponsors. Without your support, the Medical Career Expo would not have achieved such remarkable success.





This is Katie Baird and Elizabeth Jeser, and we are Co-Presidents of the Clark County Medical Society Alliance (CCMSA). The mission of CCMSA when it was founded 75 years ago continues today - to build a healthier Southern Nevada. CCMSA is a non-profit service organization comprised of spouses of members of the Clark County Medical Society and the American Medical Association. Primarily a service organization, CCMSA focuses on health-related needs in the community, initiating their own projects or providing volunteer hours and monetary assistance to charitable organizations or groups.

This year, our charity of choice is the Trauma Intervention Program (TIP) of Southern Nevada, Inc. TIP works with all of our local hospitals, EMS, law enforcement agencies, the coroners office, and other organizations to provide well trained citizen volunteers to scenes of crisis/tragedy who can offer emotional and practical support to everyone on scene. Studies show that having a well trained person intercede in the immediate aftermath of traumatic situations decreases the long-term effects of the trauma. In addition to helping the victims on scene, TIP volunteers are a valuable resource to the agencies that call them out, because they allow the emergency responders and law enforcement officers to do their work uninterrupted. In scenes of trauma and tragedy, the emergency responders and law enforcement officers have to prioritize their time so they can get to the next scene. TIP allows them to do their work more efficiently, while helping those who have just experienced trauma, while using care and expertise. We wanted to spend our year highlighting their mission and bringing awareness, because due to the nature of the work they do, most people are unaware of who they are and the incredible support they are ready to extend to each of us in our darkest moments.

We are celebrating our 75th anniversary and our 22nd charity Fashion Show event on April 18, 2024 at the Four Seasons. We would like to personally invite you to join us as we raise awareness and support the Trauma Intervention Program!



*75th Anniversary and
22nd Fashion Show Event*

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JANUARY 2024 CALENDAR OF EVENTS

Jan 15-17

**Men's & Women's Health Primary
Care Endo/Gyn/Men's Uro
Encore At Wynn Las Vegas**

Jan 18

**Task Force Meetings
10:00 am - 2:45 pm
USI Risk Insurance**

Jan 25

**Brunch with Friends
10:30 am
PAM Health**

Jan 17

**Medical Career Expo
9:00 am - 3:00 pm
College of Southern Nevada
(Charleston Campus)**

Jan 22-23

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