

Shades guard the eyes during play

Wearing sunglasses while playing summer sports is more than just a fashion statement. It is essential to preserving your eye health, according to David Bogorad, M.D., a senior staff ophthalmologist with Henry Ford Health System.

"The sun's ultraviolet rays can damage the surface layer of cells on the cornea, causing temporary blindness," Bogorad says. "UV rays also promote cataracts and may be a cause of macular degeneration. Depending on the sport you play, your eyes may require special protection."

Bogorad offers this advice to protect your eyes during the following activities:

Water sports - The sun's rays are intensified when they reflect off the water's surface. For activities on the water, such as sailing, jet skiing or fishing, your eyes need extra protection. Polarized lenses with UV protection reduce glare and actually enhance clarity of vision.

Golf - Spending hours on a sunny golf course can lead to eye strain and fatigue. It also exposes your eyes to potentially damaging UV rays. Dedicated golf sunglasses have a wraparound design to reduce wind and glare. They're also rimless, so the field of vision is unobstructed. The lenses should offer UV protection and typically are neutral gray to maintain a player's depth and color perception.

Cycling - Special "sports shields" have been developed to protect the eyes of serious cyclists. Because cyclists can sustain injuries from gravel and other projectile objects, the sportshield is larger than traditional sunglasses and has a polycarbonate lens, which is more impact-resistant. Purchase sportshields with UV protection.

Not just for sports

Whether you are lying on the bench or taking an early evening walk, sunglasses should be worn to protect your eyes from the sun's damaging rays. For maximum benefit, the following guidelines can be used when selecting sunglasses:

■ Sunglasses should be labeled as having ultraviolet protection.



Cool shades: When selecting a tint of lens, color doesn't affect the degree of UV protection.

■ Lenses should not be too dark because you'll be limited to wearing them in only very bright settings.

■ The larger, the better. Wraparound styles provide added protection.

When selecting a tint of lens, color doesn't affect the degree of UV protection. The three most popular tints are green, brown and gray, but your decision should be based on a personal preference.

"Many people prefer green because it makes the outdoor foliage appear more vivid and lush. Brown tends to increase apparent clarity. Gray distorts color visibility the least, providing the most accurate colors," Bogorad says.

For people who depend on prescription glasses, photochromatic lenses that darken in direct sunlight - such as Transitions - can be a good way to protect eyes from UV rays, especially for people who don't like switching between regular glasses and sunglasses.

Bogorad warns that sometimes the lenses don't darken well in a car because they aren't exposed to direct sunlight. Some patients also find that the glasses tend not to change quickly enough in warm summer weather.

OCC Healthcare Programs for the New Millennium

The Highland Lakes Campus of Oakland Community College (OCC) is situated on 160 acres of gently rolling hills southwest of Pontiac. This career development-oriented campus has three innovative degree and certificate programs that will help students prepare for a bright future in the Allied Health fields of Massage Therapy, Exercise Science and Technology, and Medical Assisting. These unique programs work together, providing interdisciplinary course work that allows students to acquire multiple skills for greater marketability.

Massage Therapy Program Coordinator Janine McKay says the OCC program offers a medically and scientifically-based curriculum that enables graduates career opportunities in this growing healthcare field. This program has approximately 300 hours of "hands-on" practical experience on and off campus. This enables students in the program the

Exercise Science and Technology (EST) prepares students to enter a health/fitness profession in a setting that uses exercise therapeutically. This science-based program provides a wide variety of experiences, in the lab and through internships in the field. EST also provides two extended degree options in Gerontology and Business. The Gerontology emphasis will allow students to work in senior adult services and the Business concentration will prepare the student for more entrepreneurial endeavors.

Karen Kittle, the coordinator of the Medical Assisting (MDA) program states that the 1 year certification or 2 year degree curriculum helps students become proficient in both administrative and clinical skills in the allied health field. According to the AAMA, medical assistants are multi-skilled practitioners who can perform a wide range of

roles in physician's clinics, hospitals, insurance billing agencies, medical transcription agencies, and others. Kittle stresses that this program is CAAHEP accredited, which enables students to apply for the AAMA certification exam. In today's job market, time and money are at a premium so the MDA department offers several options for acquiring marketable skills in less than a year. These options include Administrative Medical Assistant, Clinical Medical Assistant, Insurance/Coding Specialist, EKG Technician, and Phlebotomy Technician. With additional classes and/or training the medical

assistant may move into other allied health occupations such as Ophthalmology Assistant also offered by this department.

For more information about these exciting new opportunities in the healthcare field, visit the OCC web site at <http://www.occ.edu/mi.us> or call the numbers indicated in the display ad below.



Left to Right, Janine McKay, Vicki Kloosterhouse and Karen Kittle

opportunity to work in settings where massage therapy is used. Graduates from this program easily fit into physical therapy clinics, hospital settings, chiropractic offices, nursing homes, or sports medicine clinics. Students are able to obtain a certificate in Massage Therapy or a 2 year Associate Degree in Applied Science.

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Essential Facts To Know
1-year certificate program or 2-year Associate Degree; extended Associate Degree options offered



Massage Therapy Program

Potential Employment Opportunities
Hospitals, Clinics, Professional Athletic Teams, Health Clubs

Essential Facts To Know
Certificate program or extended Associate Degree in Applied Science; Prerequisite courses: BIO 163 & BIO 164, prior to admission to program



Medical Assisting Program

Potential Employment Opportunities
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Essential Facts To Know
No Selection Process, No Prerequisites, No Waiting Lists, CAAHEP accredited program prepares students for AAMA/CMA certification exam



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For more information, call:

Exercise Science & Tech. — Vicki Kloosterhouse, (248) 942-3224

Massage Therapy — Janine McKay, (248) 942-3034

Medical Assisting — Karen Kittle, (248) 942-3068

Arthritis campaign

In the United States, 43 million people suffer from arthritis, and many cannot access the medications they need because Medicare doesn't cover prescriptions.

For Arthritis Action Day, May 18, 2000, the Southfield-based Michigan Chapter of the Arthritis Foundation is asking individuals to participate in the *Message in a Bottle Campaign*.

To visually symbolize the number of people adversely affected by barriers to medication, the Foundation is asking people to send Congress their empty prescription bottles and personal letter describing the difficulty they or someone they know have with access to medications.

The Michigan Chapter asks you to send your letters and bottles to: Message in a Bottle Campaign, Arthritis Foundation, 4455 Connecticut Ave., NW, Suite 305, Washington, DC 20008-2328.

For more information on Arthritis Foundation programs and services, call the Michigan Chapter at 1-800-968-3030 or visit the website at www.arthritis.org.