



The Wellness Newsletter

THE OFFICIAL BULLETIN OF THE KNUST WELLNESS CENTRE

MYOPIA

BY DEPARTMENT OF OPTOMETRY
AND VISUAL SCIENCE, KNUST.

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Myopia is commonly referred to as shortsightedness or nearsightedness. This is because people who have myopia tend to see things that are closer to them clearer than things that are further away. People with myopia are referred to as myopes.

Myopia occurs when the eye ball becomes longer than normal or the eye's ability to focus light rays becomes too strong so that images are formed in front of the retina instead falling exactly on it, resulting in distant objects appearing blurred. Myopes may have blurred vision, eye strain, headaches, squinting of eyes to see clearly, excessive blinking and rubbing of the eyes. Students who have myopia find it difficult seeing clearly from the board when they are in class.

Studies indicate that behavioral changes contribute significantly to the development of myopia. Increased indoor activities, prolonged near work such as reading, playing on the phone or video games are known to make substantial contribution to myopia development. Myopia can affect people of all ages but children and young adults are most at risk.

Students usually have poor academic performance due to significant reduction in their vision. Among adults, myopia could cause reduction in work output and production losses.

Myopia could progress with increased visual loss with possible degeneration into more complicated conditions such as retinal detachment, myopic macular degeneration and glaucoma which in the end could result in irreversible blindness.

Increased outdoor activities are known to remarkably reduce both myopia development and progression, particularly among children. Myopes are commonly managed with corrective spectacles and contact lenses. It is highly recommended that people who experience myopia symptoms visit the eye care center for a complete assessment and management.

The Optometry Eye Clinic within the Aboagye Menyeh Complex (College of Science) provides these and other comprehensive eye care services. Visit or book appointment now.
Contact: 0322062116/0200466637

COMMENTS BY A PARTICIPANT OF THE SATURDAY WALK AND AEROBICS -DR. KWAME AKRASI (UNIVERSITY HOSPITAL)

The Saturday walks are not just a good opportunity to exercise but have offered a relaxed and personable place to meet up with colleagues and friends. I have enjoyed it tremendously, especially the Dance Aerobics at the end. There is no better way to start your Saturday than by sweating it out to some nice tunes. **Healthy AND fun... the perfect combination!!!**



THE NUTRITION CORNER

BENEFITS OF KWAHU NSUSUA (TURKEY BERRY)

- Turkey berries contain lots of iron and so very good for treating anemia.
- They stimulate the production of red blood cells.
- The berries can be used in soups and consumed daily to increase red blood cell production.
- Turkey Berries are good for digestion and help to treat indigestion, stomachaches, and diarrhea.
- The berries are also capable of neutralizing acid in the stomach making them important for healing gastric ulcers.
- Regular intake of the berries can prevent the formation of worms in the intestine. Dried and powdered berries can be added to gravies and eaten.
- The berries also help in the prevention and healing colds and flu.

Include them in your meals for healthy aging.

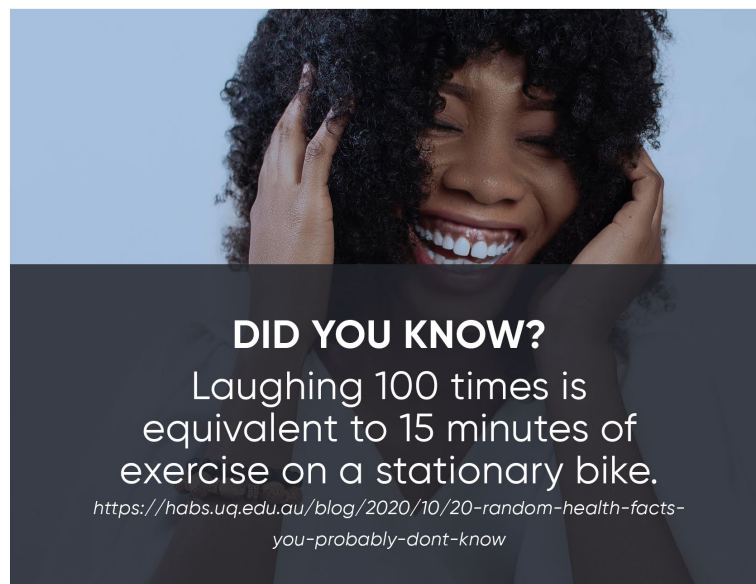
<https://starrfm.com.gh/author/starrfmonline/>



PREPARING FOR RETIREMENT -MR. RABBI DARKO (KNUST COUNSELLING CENTER)

LOOK TOO FAR BUT NEAR

1. Any time that passes each day draws you close to the time of your retirement.
2. You won't have office powers any more.
3. Your opinions/views may appear obsolete and irrelevant to contemporary issues be it in industry or academia.
4. Your cash flow will also reduce.
5. Please check your retirement date



DID YOU KNOW?

Laughing 100 times is equivalent to 15 minutes of exercise on a stationary bike.

<https://habs.uq.edu.au/blog/2020/10/20-random-health-facts-you-probably-dont-know>