

**The Teamsters Local 922- Employers Health Trust**  
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# Helpful Hints & Reminders



## February Eye Health: Age-Related Macular Degeneration

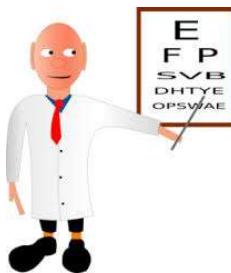
Age-related macular degeneration (AMD) is deterioration of the macula, which is the small central area of the retina on the eye that is responsible for sharp, central vision.

AMD has three stages:

- **Early** – Diagnosed by the presence of medium-sized, yellow deposits (know as drusen) beneath the retina that are about the width of an average human hair.
- **Intermediate** – Those at this stage will usually have large drusen, pigment changes in the retina, or both.
- **Late** – In addition to drusen, vision loss from damage to the macula will also become noticeable in this stage.

The biggest risk factor for macular degeneration is age. Your risk increases as you age, and the disease is most likely to occur in those 55 and older. You are also more likely to develop macular degeneration if you are overweight, smoke cigarettes, have a family history of macular degeneration, and/or eat a diet high in saturated fat.

Macular Degeneration usually results in a slow, painless loss of vision. There is currently no cure for AMD, though some treatments can delay its progression or even improve vision. That means it is important to catch AMD early.



Regular eye exams are important. They aren't just for correcting vision issues. They are also key in the early detection of systemic diseases like diabetes and hypertension<sup>i</sup>.



## March Health Awareness: National Kidney Month

Most people have two kidneys, each about the size of an adult fist, located on either side of the spine just below the rib cage. Although they are small, your kidneys perform many complex and vital functions that keep the rest of the body in balance. They help remove waste and excess fluid, filter the blood, control the production of red blood cells, make vitamins that control growth, release hormones that help regulate blood pressure, and they help regulate the amount of certain nutrients in the body.

Diabetes and high blood pressure are responsible for two-thirds of chronic kidney disease cases, although anyone can get chronic kidney disease at any age.

If your doctor suspects chronic kidney disease, they will want to check your kidney function by performing blood and urine tests<sup>ii</sup>.



### April is National Donate Life Month

National Donate Life Month was established in 2003 by Donate Life America and its partnering organizations to help raise awareness about donation, encourage Americans to register as organ,

eye and tissue donors and to honor those that have saved lives through the gift of donation.

People of all ages and medical histories should consider themselves potential organ, eye and tissue donors. Your medical condition at the time of death will determine what organs and tissue can be donated. Living donors should be in good overall physical and mental health and older than 18 years of age.<sup>iii</sup>

### **For Information on How to Obtain Benefits, Contact:**

**BENESYS, INC.**  
**(410) 872-9500**

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## Broccoli Salad

### Ingredients

#### FOR THE SALAD:

8 c. small broccoli florets  
1 c. dried cranberries  
1 c. shredded sharp cheddar cheese  
1 c. smoked almonds, chopped  
6 slices bacon, cooked and crumbled  
1/4 c. chopped red onion

#### FOR THE DRESSING:

1 c. mayonnaise  
3 tbsp. apple cider vinegar  
3 tbsp. granulated sugar  
1 tsp. ground black pepper

### Directions

1. For the dressing: Whisk together the mayonnaise and vinegar in a large bowl until smooth. Stir in sugar and pepper until combined and set aside.
2. For the salad: Add the broccoli florets to dressing mixture; stir together to combine. Add the cranberries, cheese, almonds, bacon, and red onion; stir to combine.
3. Refrigerate at least 1 hour or up to 3 days before serving.

<sup>i</sup> All About Vision, AAO, AOA, Glaucoma.org, NIH.gov

<sup>ii</sup> <https://www.kidney.org/kidney-basics>

<sup>iii</sup> <https://www.donatelife.net/ndlm/>