

From The Desk Of

Gina

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January 2024 Newsletter

Month #8 of our Member Health Care Venture!

Hope everyone made it through the holiday season with only a few bumps and bruises (flu, covid, RSV infections) along the way.

I had to take a day off of work last week, as it hit me too! Happy to be back to myself and available to all of you!

I have been communicating with many of you via email; I hope this is useful.

It's NOT TOO LATE to get your **FLU vaccine!** If you haven't already done so, please come in or go to your local pharmacy to receive the vaccine. From what I've seen so far, this variant of influenza is not very nice.

Upcoming Member Events:

I would love if you would RSVP through the **LINK** below to let me know what ideas or interests you have for an upcoming member event. The more the merrier!

[CLICK HERE TO FILL OUT A MEMBER EVENT SURVEY](#)

ANNUAL WELLNESS VISITS:

I don't want to sound like a broken record, but want to make sure all members schedule their AWW at their earliest convenience. Please call Anna on the "member line" 914-962-4462 to make an appointment!

**National Health Observance for January
January is Glaucoma Awareness Month**

WHAT IS GLAUCOMA?

Glaucoma is a group of eye diseases that gradually steal sight without warning. Although the most common forms primarily affect the middle-aged and the elderly, glaucoma can affect people of all

ages.

Vision loss is caused by damage to the optic nerve. This nerve acts like an electric cable with over a million wires. It is responsible for carrying images from the eye to the brain.

There is no cure for glaucoma—yet. However, medication or surgery can slow or prevent further vision loss. The appropriate treatment depends upon the type of glaucoma among other factors. Early detection is vital to stopping the progress of the disease.

TYPES OF GLAUCOMA

There are two main types of glaucoma: primary open-angle glaucoma (POAG), and angle-closure glaucoma. These are marked by an increase of intraocular pressure (IOP), or pressure inside the eye. When optic nerve damage has occurred despite a normal IOP, this is called normal tension glaucoma.

Secondary glaucoma refers to any case in which another disease causes or contributes to increased eye pressure, resulting in optic nerve damage and vision loss.

REGULAR EYE EXAMS ARE IMPORTANT

Glaucoma is the second leading cause of blindness in the world, according to the World Health Organization. In the most common form, there are virtually no symptoms. Vision loss begins with peripheral or side vision, so if you have glaucoma, you may not notice anything until significant vision is lost.

The best way to protect your sight from glaucoma is to get a comprehensive eye examination. Then, if you have glaucoma, treatment can begin immediately.

**Thanks,
Dr. Gina Greco-Tartaglia**

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