



## Employee of the Month

Congratulations to  
**Aliyah Muhammad LPN**  
Our Employee of the Month for August 2014

### Notices and Reminders

To **ALL** field employees please remember to get your flow sheets signed on a daily basis. **ALL Flow Sheets** must have the **appropriate signatures** from your consumer and you.

**Please remember to clock in and out**

Thank You,  
Management Teams

### Jefferson Elder Care

#### Family Caregiver workshop

For Individuals caring for someone with Dementia

Thursday, Aug 14 10:30am-12pm

Northeast Library, 2228 Cottman Ave.

Please RSVP:

[www.jefferson.edu/elder\\_care](http://www.jefferson.edu/elder_care)

### In This Issue

## AUGUST EMPLOYEE OF THE MONTH

Cataract

Spinal Muscular Atrophy

Eye Exam

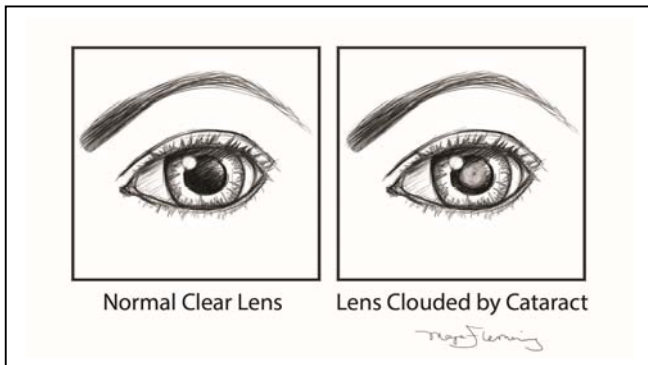
### Emergency Home Care Program (EHC)

CAS Home Health Care Inc. is now introducing the EHC Program which is a community funded program dedicated to providing temporary Personal Assistance Services to individuals currently undergoing the enrollment process for Home and Community based services.

### Further Your Education

Red Cross  
PNA Nursing  
Star Institute

# CATARACT



## Types of Cataract

**Age-related cataracts-** This type of cataract develops as a result of aging.

**Congenital cataracts-** Babies are sometimes born with cataracts as a result of an infection, injury, or poor development before they were born, or they may develop cataracts during childhood.

**Secondary cataracts-** These develop as a result of other medical conditions, like diabetes, or exposure to toxic substances, certain drugs (such as corticosteroids or diuretics), ultraviolet light, or radiation.

**Traumatic cataracts-** These form after injury to the eye.

Source: Webmd.com  
Mayoclinic.org

Cataracts occur when there is a buildup of protein in the lens that makes it cloudy. This prevents light from passing clearly through the lens, causing some loss of vision. Since new lens cells form on the outside of the lens, all the older cells are compacted into the center of the lens resulting in the cataract.

Cataracts usually form slowly and cause few symptoms until they noticeably block light. When symptoms are present, they can include:

Vision that is cloudy, blurry, foggy, or filmy

- Progressive nearsightedness in older people often called "second sight" because they may no longer need reading glasses.
- Changes in the way you see color (the discolored lens acts as a filter).
- Problems driving at night such as glare from oncoming headlights.
- Problems with glare during the day.
- Double vision (like a superimposed image).
- Sudden changes in glasses prescription

# SPINAL MUSCULAR ATROPHY

**Spinal Muscular Atrophy (SMA)** refers to a group of diseases which affect the motor neurons of the spinal cord and brain stem. These critically important cells are responsible for supplying electrical and chemical messages to muscle cells.

Without the proper input from the motor neurons, muscle cells cannot function properly. The muscle cells will, therefore, become much smaller (atrophy) and will produce symptoms of muscle weakness. There are dozens of diseases which affect the motor neuron.

## Causes:

### *Genetic*

Types of Spinal Muscular Atrophy  
SMA Type 1 also known as Werdnig Hoffmann Disease. SMA 1 is evident before birth. Reduction in fetal movement during the Final Months of pregnancy, or in the first few months of life. Children may have floppiness of the limbs, feeble movement of the arms and legs swallowing and feeding troubles. Difficulties breathing are some noticeable symptoms.

### SMA Type 2

SMA Type 2 becomes apparent between 3-15 Months of Age. Respiratory problems, floppy limbs, decreased or absent deep tender reflexes twitching of arms legs or tongue muscles. These children may learn to sit but never stand or walk. Life Expectancy varies.

## SMA 3

SMA Type3 Also known as Kugelberg-Welander disease. Kugelberg-Welander Appears in children 2-17 years of age. Children with SMA3 walk abnormally and have difficulties running, climbing stairs, or rising from a chair. In addition SMA3 patients may have a slight tremor of the fingers.

Kennedy Syndrome is inherited. Women carry the gene, but the disorder only occurs in their sons. Kennedy Syndrome is slowly progressive and has a clinical offset between the ages of 15 and 60 years old. Patients may experience difficulty swallowing, speech impairment, and excessive development of the mammary glands in males.

## Congenital SMA with Arthrogyriposis

Is a rare disorder persistent contracting of joints. This disorder is evident at birth. Some children experience severe contractures, curvature of the spine, chest deformity, respiratory problems, an unusually small jaw, and draping of upper eyelids.

## Treatment

There is no known cure for this disease. However there are various treatments available to the patient

## Source

Webmd.com



**Don't forget your  
Eye Exam**

Please remember to have your eyes examined. Having your eyes examined includes screenings for eye diseases such as Glaucoma and Cataract.

**Children 5 years and younger-** For children under 3, your pediatrician will likely look for the most common eye problems, lazy eye, crossed eyes or turned-out eyes. Depending on your child's willingness to cooperate, his or her first more comprehensive eye exam should be done between the ages of 3 and 5.

**School-age children and adolescents-** Have your child's vision checked before he or she enters first grade. If your child has no symptoms of vision problems and you don't have a family history of vision problems, have your child's vision rechecked every two years. If your child does have vision problems or a family history of vision problems, have your child's vision rechecked as advised by your eye doctor.

**Adults-** In general, if you're healthy and have no symptoms of vision problems, you should have your vision checked every 5 to 10 years in your 20s and 30s. Between ages 40 and 65, have your vision checked every two to four years. After age 65, get your eyes checked every one to two years. If you wear glasses, have a family history of eye disease or have a chronic disease that puts you at greater risk of eye disease, such as diabetes, have your eyes checked more frequently.

Source: [mayoclinic.org](http://mayoclinic.org)