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AWARENESS MONTH  
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ATTORNEY GENERAL  
BILL SCHUETTE'S

# Consumer Education

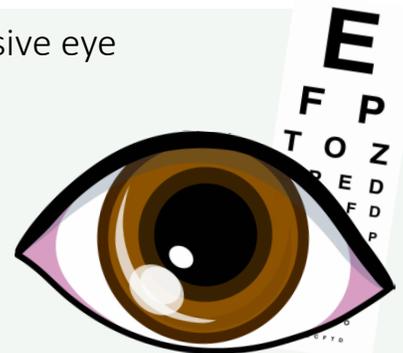
Glaucoma is a group of eye diseases that gradually damage the eye's optic nerve resulting in vision loss

**KEEP AN EYE OUT**  
for Glaucoma!

and blindness. Glaucoma can affect all age groups, but is most common in middle-aged and older individuals. Since Glaucoma does not have symptoms, some people may have Glaucoma and not know it. If you have family history of Glaucoma, it's important to have regular comprehensive eye exams. Even without a family history, speak with your eye doctor if you have questions or concerns. For a list of questions to ask your provider, visit the National Eye Institute at <https://nei.nih.gov/glaucoma>.

The [Glaucoma Research Foundation](#) recommends comprehensive eye exams at the following times:

- Before age 40, every two to four years;
- From age 40-54, every one to three years;
- From age 55-64, every one to two years; and
- After age 65, every six to twelve months.



We hear about scams all the time! They come in different shapes and sizes and are constantly evolving. The best thing you can do to avoid scams is to learn to recognize the warning signs.

The Phone, Mail & e-Scams presentation educates about the telltale signs of scams found in phone calls, mail, email and texts. You'll also learn how to minimize your risk of being scammed.

[Click here to find a presentation near you.](#)



[www.mi.gov/ce](http://www.mi.gov/ce)  
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877-765-8388

# Dietary Supplements



Many people turn to dietary supplements to feel better, healthier, younger, or to manage pain. While some supplements have proven benefits, others may not live up to their claims or may be dangerous for your health. Be skeptical about any ads claiming:

- Weight loss without diet or exercise;
- Reverse 10-15 years of memory loss; and
- Permanently remove or prevent growth of gray hair.

If you're considering supplements, speak with your physician first to make sure they are safe and right for you. [Click here to learn more from the Federal Trade Commission regarding dietary supplements.](#)

Source: [Federal Trade Commission](#)

**do 1 thing**

SMALL STEPS TOWARD BEING PREPARED FOR AN EMERGENCY

Being prepared for disasters and emergencies can seem like an impossible task. You may feel like you don't know where to begin, so you never start.

There is something you can do to take small steps that will make a difference. [Do1Thing](#) is a 12-month program that makes it easy for you to prepare for an emergency. [Sign up](#) for the free program and start today! Do 1 thing each month and be prepared!