
NEWSLETTER

VAHPAG

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SUMMER 2024



“Welcome to the World Little One!”
Another beautiful blessing for the family. May your growing family be blessed with the great memories and great fun. A new baby is like the beginning of all things – wonder, hope, a dream of possibilities! Congratulations to Jacinta & Peter Tran, VAHPAG board members.



pickleball



Protect your eyes when playing pickleball

Source: Harvard Health Newsletter

Playing pickleball requires you to keep your eye on the ball, but make sure your eyes are protected. A report published online Dec. 14, 2023, by the journal *Eye* warns that pickleball and other racquet sports can expose people to the risk of eye injuries.

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[PAGE 2](#)



Pickleball (cont.)

Researchers cited numerous types of pickleball-related eye damage, such as corneal abrasions (scratching of the eye surface), retinal tears or detachment, Berlin's edema (damage to the retina's outer layers, causing decreased vision for several hours), and hyphema (bleeding in the front chamber of the eye that can lead to glaucoma). The risk of eye injury is higher among players with existing eye conditions like dry eye disease and those who have had eye surgery.

The combination of pickleball's fast-paced action and close proximity between players increases the risk of the ball striking the eye, according to the researchers. The solution is simple and effective: wear protective, shatterproof eyewear when playing.

The researchers recommend polycarbonate safety goggles, which provide front and side coverage, for the best protection. However, even sunglasses or regular glasses can offer a layer of safety.

VAHPAG PICNIC



Thank you VAHPAG members & families who joined the Board members at VAHPAG annual summer picnic. Stay Cool!



Beautiful Day at the state park with VAHPAG members. Our picnics are opportunities for members to develop relationships and build a stronger bond with the organization.



The goal of the VAHPAG Scholarship Program is to increase the number of Vietnamese American healthcare professionals practicing in areas of Georgia. If you're a resident of Georgia, of Vietnamese descent, accepted/currently attend a professional healthcare institution then contact VAHPAG for more information. Please contact Dr. Thao Nguyen at vaHPAG@gmail.com for more information.

Join our Gala to celebrate the Vietnamese American healthcare Scholars!

VAHPAG board members

