

Health Highlights: Solar eclipse safety + Autism in adults
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Audio Version

INTRO:

AS WE PREPARE FOR THIS MONTH'S SOLAR ECLIPSE – IT'S A GOOD REMINDER TO KNOW HOW TO PROTECT YOUR EYES. AND – AUTISM BEING DIAGNOSED IN ADULTHOOD. TIM DITMAN SHARES WHAT YOU NEED TO KNOW... IN THIS WEEK'S HEALTH HIGHLIGHTS.

<<(WE'VE ALL SEEN THE WARNINGS NOT TO STARE DIRECTLY AT THE SOLAR ECLIPSE ON MONDAY... APRIL 8TH WITHOUT EYE PROTECTION. WHILE IT MIGHT BE TEMPTING TO IGNORE THOSE WARNINGS – DON'T. THE LIGHT FROM AN ECLIPSE CAN DO SOME SERIOUS DAMAGE.

DR. BEN KEMP | OSF HEALTHCARE EMERGENCY PHYSICIAN

“There is a concern if you get direct sunlight for too long of a period of time to the back of your eye, you can essentially burn your retina and have permanent vision loss, sometimes complete vision loss if that exposure is long enough and intense enough.”

NASA HAS SOME SAFE ECLIPSE VIEWING TIPS LIKE WEARING SPECIALLY MADE ECLIPSE GLASSES OR WELDER'S GOGGLES RATED 14 OR HIGHER... USE SPECIALLY DESIGNED SOLAR TELESCOPES OR SOLAR BINOCULARS... AND SUPERVISE CHILDREN CLOSELY WHEN THEY'RE USING SOLAR FILTERS AND ECLIPSE GLASSES.

WHILE AUTISM AWARENESS HAS IMPROVED – THE ABILITY TO RECOGNIZE WHAT IT LOOKS LIKE IN EVERYDAY LIFE IS STILL A CHALLENGE... ACCORDING TO DR. THERESA REGAN (**REE-gan**)– THE LEAD NEUROPSYCHOLOGIST AT OSF SAINT FRANCIS MEDICAL CENTER IN PEORIA... ILLINOIS. DR. REGAN SAYS MISCONCEPTIONS REMAIN – AND THAT MANY CASES DON'T GET DIAGNOSED UNTIL ADULTHOOD.

“The great majority of adults who are autistic are either undiagnosed or misdiagnosed with other mental health conditions. So we want to rectify that and have the right diagnosis for every person every time.”

DR. REGAN SAYS AUTISM CHARACTERISTICS HAVE TO BE PRESENT IN CHILDHOOD. BUT IN MANY CASES IT'S NOT RECOGNIZED UNTIL MORE COMPLEX SITUATIONS ARISE... LIKE NAVIGATING RELATIONSHIPS. SHE ADDS SELF AWARENESS IS KEY – AND TO SPEAK WITH A MEDICAL PROVIDER IF YOU HAVE ANY QUESTIONS OR CONCERNS.

WITH TODAY'S HEALTH HIGHLIGHTS... I'M TIM DITMAN.)>>