

# Did You Know?

(NAPS)— Scammers are out there looking to separate you from your money. Fortunately, Postal Inspectors are on the job to protect you. For information on scams and avoiding them, visit the Postal Inspection Service website at [www.USPIS.gov](http://www.USPIS.gov).

An excellent new book can help parents soothe anxious children at bedtime. “My Thoughts Have Wings,” by Maggie Smith is published by HarperCollins and available most places wherever books are sold. To learn more or order the book, visit [www.harpercollins.com](http://www.harpercollins.com).

Taking steps to protect your kidneys can help keep your body healthy and may prevent or slow the progression of kidney disease. To learn about kidney health, visit the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), at [www.niddk.nih.gov](http://www.niddk.nih.gov).

Before you use a mower, trimmer, blower, power washer, chainsaw, pruner, portable generator or other piece of outdoor power equipment, be sure you're up to date on safety, advises the Outdoor Power Equipment Institute (OPEI). Learn how at [www.opei.org](http://www.opei.org) and [www.LookBeforeYouPump.com](http://www.LookBeforeYouPump.com).

There's no cure for keratoconus, a sight-threatening and progressive eye disease, but the cornea can be strengthened to slow or halt the progression of the disease with an FDA-approved cross-linking procedure called iLink®. Learn more from the Glaukos website: [www.glaukos.com](http://www.glaukos.com)-[iLink.com](http://iLink.com) and the new WiseEyes video series.

As the nation's leading brewer and a staunch supporter of American farmers for over 165 years, Anheuser-Busch spends more than \$700M each year



purchasing high-quality ingredients from over 700 American farmers. Learn more about Anheuser-Busch's commitment to U.S. farmers at [www.anheuser-busch.com/USFarmed](http://www.anheuser-busch.com/USFarmed).

The much-anticipated conclusion to the Infinity Cycle fantasy series, *Infinity Kings*, by best-selling author Adam Silvera is at last available. Learn more and order the book at [www.adamsilvera.com](http://www.adamsilvera.com).

Glaucoma can cause vision loss and blindness by damaging the optic nerve, which connects your eye to your brain. Regular eye exams can reduce your risk. To see if you or a loved one qualifies for a free exam, visit [www.ao.org/eyecare-america/glaucoma](http://www.ao.org/eyecare-america/glaucoma).

Uncontrolled high blood pressure can lead to a stroke and even dementia but you can reduce your risk. For tips and information, during National Minority Health Month or any time, visit the National Institute of Neurological Disorders & Stroke Mind Your Risks website at [mindyourrisks.nih.gov](http://mindyourrisks.nih.gov).

Indoor Air Quality (IAQ) is a crucial aspect of overall health and well-being. Unbeknownst to homeowners, common pollutants lurk inside homes, affecting health in subtle yet significant ways. Learn more at [www.NADCA.com/Homeowners](http://www.NADCA.com/Homeowners).