



SIMPLE TIPS FOR HEALTHY EYES

Our eyes may be small, but they do a huge job collecting the images that create our visual world. There are many things you can do to keep them healthy and make sure you are seeing your best.

- **Have a comprehensive, dilated eye exam.** If you are aged 50 or older, make a point of visiting your eye professional annually. Having a dilated eye exam can help detect eye diseases in their early stages and treatment can save your sight!
- **Know your family's eye history.** This will help determine if you are at higher risk for developing an eye disease or condition.
- **Take charge of your vision!**
 - ❖ Stop or never start smoking.
 - ❖ Eat a diet rich in green leafy vegetables and fish.
 - ❖ Exercise, maintain a healthy weight and a normal blood pressure.
 - ❖ Wear sunglasses and a brimmed hat anytime you are outside.
 - ❖ Wear safety eyewear when playing sports and working around the house.
- **Give your eyes a rest.** If you spend a lot of time at the computer or focusing on any one thing, you sometimes forget to blink and your eyes can get fatigued. Try the 20-20 rule: every 20 minutes, look away about 20 feet in front of you for 20 seconds. This can help reduce eyestrain.
- **Clean your hands and contact lenses properly.** To avoid risk of infection, always wash your hands before handling your contact lenses. Make sure you disinfect your lenses as instructed and replace them appropriately.

Following these guidelines will aid in your ability to live an active life and decrease the possibility of experiencing severe vision loss.

A brief eye exam by the pediatrician is no substitute for a comprehensive examination by an optometrist or an ophthalmologist. Here is the schedule that should be followed:

- 6 months and again at age 3,
- just before first grade,
- 7-18 years of age every 2 years unless the child has glasses or contacts, then annually.



Sources: www.nei.nih.gov & www.aoa.org



"I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well." 3 John 1:2