



## Simple Tips for Healthy Eyes

1. **Maintain a healthy weight.** Being overweight increases your risk of developing diabetes and other systemic conditions, which can lead to vision loss. If you are having trouble maintaining a healthy weight, talk to your doctor.
2. **Exercise.** The minimum is 30 minutes at least three times a week. The best exercise is walking, no gym or equipment needed. There is no such thing as bad weather, just inappropriate clothing.
3. **Quit Smoking.** Smoking is as bad for your eyes as it is for the rest of your body. Research has linked smoking to an increased risk of developing age-related macular degeneration, cataract, and optic nerve damage, all of which can lead to blindness.
4. **Eat right to protect your sight.** Eating a diet rich in fruits and vegetables, particularly dark leafy greens is important for keeping your eyes healthy. Research has also shown there are eye health benefits from eating fish high in omega-3 fatty acids, such as salmon, tuna, and halibut.
5. **Have a dilated eye exam.** You might think your vision is fine or that your eyes are healthy, but visiting your eye care professional for a comprehensive dilated eye exam is the only way to really be sure. In addition, many common eye diseases such as glaucoma, diabetic eye disease and age-related macular degeneration have no warning signs and an eye exam can detect these diseases in the early stages.
6. **Be cool and wear your shades.** Sunglasses are a great fashion accessory, but their most important job is to protect your eyes from the sun's ultraviolet rays. When purchasing sunglasses, look for ones that block at least 99% of both UV-A and UV-B radiation.
7. **Wear protecting eyewear.** Wear protective eye wear when playing sports or doing dangerous activities around the home. Your eyeglasses should have lenses that are made of polycarbonate. Many eye care providers sell protective eyewear, as do some sporting goods stores. Employers are required to provide a safe work environment. When protective eyewear is required as part of your job, always make a habit of wearing appropriate safety glasses.
8. **Clean your hands and change your contact lenses.** To avoid the risk of infection, always wash your hands thoroughly before putting in or taking out your contact lenses. Make sure to disinfect and replace contact lenses as advised. The safest contact lenses and offer the most comfort are the ones that are thrown away after a single use. Ask your eye doctor about daily disposable contact lenses.