

TAKE CHARGE OF YOUR HEALTH

Keep Your Eyes Healthy

Protecting your overall health is crucial, including your eye health. As you age, there is an increased risk of eye diseases, especially if you are overweight or have a family history of eye disease. It's essential to monitor your health and how it correlates with your eye health.

Consider the following healthy habits to help maintain your vision:



Schedule frequent eye exams.

Visiting your eye care professional for routine dilated eye exams is one of the best ways to be sure your eyes are healthy. A dilated eye exam is the best way to detect diseases in their early stages.



Consume healthy foods.

Dark, leafy greens such as spinach, kale and collard greens, and foods high in Omega-3 fatty acids, are suitable for your eyes. Try to incorporate them into your diet.



Stay active.

Being active can help lower your risk of health conditions such as diabetes, high blood pressure and high cholesterol, increasing your risk for eye diseases.



Wear sunglasses.

Protecting your eyes, even on cloudy days, from UVA and UVB radiation is essential. Look for sunglasses that block 99% to 100% of ultraviolet rays.



Rest your eyes.

If you're working on a computer all day, your eyes can get worn out. Rest your eyes every 20 minutes by looking at something at least 20 feet away for seconds at a time.