



Setting Your Sights On Eye Health

Did you know that approximately 80% of the information from your environment is gathered and perceived by the eyes? By following these simple guidelines, you can help maintain the health of your eyes and the quality of your vision:

Comprehensive Eye Exams: At a comprehensive eye exam, your optometrist will assess the health of your eyes and every aspect of your vision. In addition to determining your proper eyeglass or contact lens prescription, you'll be screened for eye diseases that can lead to vision loss and checked for any other problems that may affect your eyes. Since your eyes can also be an indicator of overall health, you'll also be examined for any warning signs of underlying medical conditions such as high blood pressure, high cholesterol, or diabetes. Remember, children need to have their eyes checked on a regular basis. With periodic eye exams, the optometrist can determine if their vision is developing on schedule and detect any emerging issues that may require treatment.

It's essential to know your family's eye health history: Certain eye diseases can run in families. Your risk for eye conditions such as glaucoma, age-related macular degeneration, cataracts, and other diseases may be higher because of a genetic predisposition. If this is the case, you can rely on your optometrist to provide the guidance you require, and recommend the appropriate preventive steps to reduce your risks as well as help preserve your sight.

Maintain a healthy lifestyle and nutritious diet: A well-balanced diet with foods containing omega-3 fatty acids, lutein, zinc, and vitamins C and E can help to protect your sight from age-related eye diseases. It's also essential to maintain a healthy weight. In this way, you can help prevent the onset of type 2 diabetes and any associated consequences for your eyes and vision. If you smoke, it's time to quit.

Smoking increases your chances of developing age-related macular degeneration, cataracts, and optic nerve damage.

Protect your eyes at work and play: 90% of all eye injuries can be prevented. By wearing protective eyewear when playing sports or performing certain tasks on the job or at home, you can protect your eyes from unforeseen accidents and harm. Protecting your vision also means wearing good quality sunglasses when outdoors to block out the harmful rays of the sun.

Take proper care of your contact lenses: Always follow your optometrist's recommendations for wearing and caring for your contact lenses. Remember to wash your hands before handling your lenses to reduce your risk of infection.

Give your eyes a rest from technology: Follow the 20-20-20 rule to reduce your risk of eyestrain and computer vision syndrome. Every 20 minutes, give your eyes a break and focus for 20 seconds on an object 20 feet away. In addition to this strategy, your optometrist will recommend additional measures to support your eye health and quality of your vision.

Any questions or concerns about your eyes and vision? Contact your optometrist for care.

