



DAY IN DAY OUT

WELCOA'S ONLINE BULLETIN FOR YOUR LIFESTYLE

SIMPLE STEPS TO KEEP YOUR EYES HEALTHY

Many of us may not think about eye health until we start having vision issues. However, there's a lot you can do to prevent eye problems. Healthy habits like eating well and being active can lower your risk for diseases and conditions that can lead to eye or vision problems, like diabetes or high blood pressure.

TO HELP ENSURE HEALTHY VISION YOU CAN FOLLOW THESE SIMPLE STEPS:

Eat fruits and veggies every day. Fruits and veggies are great for overall health and they provide specific eye benefits too. Especially fruits and veggies high in vitamin C because they're good for the blood vessels in your eyes, and science suggests it could lower your risk of getting cataracts. Great sources of vitamin C include bell peppers, bok choy, cauliflower, papayas, and strawberries.

Get moving. Being physically active helps you stay healthy. It can also lower your risk of health conditions that can cause eye health or vision problems, like diabetes, high blood pressure, and high cholesterol.

Quit smoking. Smoking increases your risk of diseases like macular degeneration and cataracts, and it can harm the optic nerve.

Wear sunglasses and safety eyewear. Too much UV exposure boosts your chances of cataracts and macular degeneration. Sunglasses can help protect your



Talk with your
doctor if you have
any concerns about
your health.

eyes from the sun's ultraviolet (UV) rays. Choose a pair that blocks 99% to 100% of UVA and UVB rays. Moreover, if you play contact sports or use hazardous or airborne materials on the job or at home, wear safety glasses or protective goggles.

Give your eyes a rest. Staring at a computer or phone screen for too long can cause eyestrain. Rest your eyes every 20 minutes. Look 20 feet away for 20 seconds. Get up at least every 2 hours and take a 15-minute break.

Visit your eye doctor regularly. Everyone needs a regular eye exam, even young children. It helps protect your sight and lets you see your best. Eye exams can also find diseases, like glaucoma, that have no symptoms. It's important to spot them early on when they're easier to treat.

FIND OUT IF YOU'RE AT RISK FOR EYE DISEASES

Getting older increases your risk of some eye diseases. You might also have a higher risk of some eye diseases if you:

- » Are overweight or obese
- » Have a family history of eye disease
- » Are African American, Hispanic, or Native American

Other health conditions, like diabetes or high blood pressure, can also increase your risk of some eye diseases. If you're worried you might be at risk for some eye diseases, talk to your doctor. You may be able to take steps to lower your risk.

