EYE CARE TIPS

Get regular 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.

Eat right to protect your sight

You've heard carrots are good for your eyes! But eating a diet rich in fruits and vegetables, particularly dark leafy greens such as spinach or collard greens is important for keeping your eyes healthy. There are eye health benefits from eating foods rich in omega3-s, like walnuts, salmon, tuna and other oily fish etc...

Eating a well-balanced diet also helps you maintain a healthy weight, which makes you less likely to get obesity-related diseases such as type 2 diabetes. Diabetes is the leading cause of blindness in adults.

Drink Caffeine, but Not Too Much

Two servings of a caffeinated beverage daily are good for protecting against dry eyes (this helps us produce tears which keep the eyes moist). But keep in mind that more than two servings can deplete your tear film and dry out your eyes, which can contribute to irritation.

Quit smoking or never start

Smoking increases the risk of developing age-related macular degeneration, cataract, and optic nerve damage, all of which can lead to blindness.

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. They should block out 99 to 100 % of both UV-A and UV-B radiation.

Wear protective eyewear

if you work with hazardous materials and while playing sports or doing certain activities.

Give your eyes a rest

Staring at a Computer can cause:

- Eyestrain
- Blurry vision
- Difficulty focusing at a distance
- Dry eyes
- Headaches
- Neck, back, and shoulder pain

If you spend a lot of time at the computer or focusing on any thing, you sometimes forget to blink and your eyes can get fatigued.

Blinking brings fresh tears to the corneal surface, which helps your eyes stay moist and free of irritants.

Try the 20-20-20 rule: Every 20 minutes, look away about 20 feet in front of you for 20 seconds. This can help reduce eyestrain.

Protect your eye health by taking the following steps:

- Make sure your glasses or contact lens prescription is up-to-date and adequate for computer use.
- Position your computer so that your eyes are level with the top of the monitor. This allows you to look slightly down at the screen.
- Choose a supportive chair. Position it in a confortable arm's distance away from what you are looking at or reading.
- At least every two hours, get up and take a 15 minutes break.

Clean your hands and your contact lenses, properly.

To avoid the risk of infection, always wash your hands thoroughly before putting in or taking out your contact lenses. Make sure to disinfect contact lenses as instructed and replace them as appropriate.

Replace Your Contact Lens Case Every Two to Three Months

Replace your case often and keep it in a clean, dry place. After you put in your contacts, be sure that the case is empty of all solution: Dump it out, rinse and dry the case before you store your lenses in it again.

Control the Air Quality in Your Home or Office

In the winter, the heating systems in homes and offices create dry air that causes eye irritation.

HEALTH SERVICES