

May

# Healthy Vision Month

## 10 healthy habits that protect your lifelong vision health

By developing these simple habits, you can help protect your eye health.

### 1—Wash your hands

Many vision-related diseases can be spread by touching in or near the eye with an unwashed hand.

### 2—Safely handle and store contacts

Remember to avoid extended wear and to always toss your solution when it expires. Of course, never touch contacts without washing your hands.

### 3—Avoid risky cosmetic procedures

Don't risk your eye health by getting dangerous procedures like iris tattooing or unnecessary lid lifts.

### 4—Wear eye protection

Wear eye protection around projectile-flinging equipment every time. It can also include wearing sunglasses with UVA & UVB protection.

### 5—Eat eye-healthy foods

Reduce your risk of cataracts, macular degeneration, night-blindness, and other eye problems with a balanced diet containing fish, eggs, and whole grains.

Sources: All About Vision, AAO, AOA, Glaucoma.org, NIH.gov



### 6—Exercise

Exercise helps reduce stress, regulate blood sugar, and increase blood flow. All of these are great for staying fit and for maintaining healthy eyes.

### 7—Manage blood sugar and cholesterol

Uncontrolled blood sugar, high cholesterol, and high blood pressure can reduce the efficiency of your circulatory system. Diabetic retinopathy, glaucoma, or blurry vision may result.

### 8—Rest your eyes

If you're not using your distance vision while overusing your near vision, you may develop nearsightedness or eye strain. Take regular breaks.

### 9—Stop smoking

Smoking increases risks of vision loss as you age. The smoke is constantly irritating and inflaming your eyes. Eventually, eyesight will decline.

### 10—Get regular eye exams

Did you know all of your body's veins and arteries end in your eye? That's why your eye exam is key in detecting early chronic and systemic diseases like diabetes and hypertension. Your eye exam is one of the most important preventative care services available to you.

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