

6

Key Steps to Preserving *your* Eyesight



1 Eat Well

Nutrients like omega-3 fatty acids, lutein, zinc and vitamins C and E may help ward off age-related vision problems. And eating a healthy diet can prevent Type 2 Diabetes, the leading cause of blindness in adults.

2 Quit Smoking

Smokers are more likely to get cataracts and macular degeneration. The optic nerve can also be damaged from smoking. Smoking is an irritant for people dealing with Dry Eye, making their symptoms worse.



3 Wear Sunglasses

Most people realize the sun can be bad for their skin, but it's also bad for your eyes. Too much ultraviolet (UV) exposure boosts your chances of cataracts and macular degeneration. Choose sunglasses that block out 99 to 100% of both UVA and UVB radiation. And wear a hat too!

4 Use Safety Eyewear

Many eye injuries could be avoided with safety glasses. If you use hazardous or airborne materials on the job or at home, eye protection is a must. Wearing wraparound glasses with shatterproof lenses during any sport that involves physical contact or fast moving projectiles could also save your eyesight.



5 Limit Your Screen Time

Staring at a screen for too long can cause eye strain, headaches, dry eyes and blurry vision. Take a break every 20 minutes to give your eyes a rest.

6 Visit Your Eye Doctor Regularly

It's important to have regular eye exams to protect your sight and help you see your best. Some eye diseases, like glaucoma, have no symptoms. Early detection and treatment can help preserve your sight.



Visit us at mercy.net/HealthyEyes to learn more about eye care at Mercy.