



Vision care

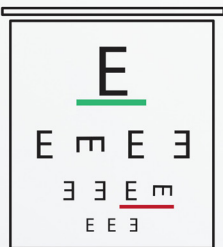
Vision care is taking care of your eyes and general health to prevent or lower the risk of visual problems.



VISION CARE BASICS



Eye care



- Have routine vision tests.
- If you have diabetes, get a dilated eye exam every year. Follow your doctor's advice for eye exams and treatment for eye and medical conditions. Follow directions for proper use and care of eyeglasses, contact lenses, low vision aids, etc.
- Protect your eyes from the sun. Limit exposure of your eyes to the sun's ultraviolet rays. When outdoors, wear sunglasses with 99 to 100% protection from both UV-A and UV-B rays. Gray lenses are the best choice. Green and brown are okay, too. Wear a wide-brimmed hat. Don't look at the sun during a solar eclipse.
- Don't smoke. If you smoke, keep trying to quit.
- Protect your eyes from injury. Wear vision protective devices as needed. Examples are safety glasses and protective goggles (for swimming and other sports, working with certain machines, etc.).
- Have regular health exams to detect and treat conditions that can affect your vision or lead to vision loss.
- Get regular physical activity for good circulation.
- Maintain a healthy diet. Include foods that are high in antioxidants for eye health. Age-related eye diseases may be slowed by getting these nutrients from foods or when taken in supplement form. Talk to your doctor before you take vitamins, minerals, and/or herbs.



FOODS WITH ANTIOXIDANTS FOR EYE HEALTH

- **Beta-carotene:** Carrots, mangos, sweet potatoes, spinach, cantaloupe, kale, apricots, and broccoli
- **Lutein & zeaxanthin:** Green leafy vegetables, like kale, spinach, and turnip and collard greens, and broccoli
- **Vitamin C:** Oranges, grapefruit, strawberries, green peppers, broccoli, and tomatoes
- **Vitamin E:** Almonds, safflower and corn oils, turnip greens, peanuts, and broccoli
- **Zinc:** Fortified breakfast cereals and meat
- **Omega-3 fats:** Salmon, tuna, chia seeds, and walnuts