



Protect your vision

Your eye health is an essential part of your well-being. Whether you wear glasses or not, your eyes benefit from regular self-care.

As you age, your risk of eye disease goes up. But simple steps taken now can protect your vision in the future.



TAKE CARE OF YOUR HEALTH

The health of your eyes is directly linked to the health of the rest of your body.

- Eat a healthy diet. Dark leafy greens such as spinach, kale, and collards provide many essential nutrients for your eyes. Fatty fish such as salmon provide omega-3s which are also good for eye health.
- Exercise. An active lifestyle decreases risk of being overweight, having diabetes, or having high blood pressure.
- Quit smoking. Smoking increases risk of eye diseases like macular degeneration and cataracts.



KNOW YOUR RISK FACTORS

Certain factors increase your risk of eye disease. Your family and eye doctor can discuss risk factors with you and help manage future risks.

Common risk factors for eye disease include:

- Age. Older adults are at higher risk.
- Overweight or obesity
- Family history of eye disease
- African American, Hispanic, or Native American heritage
- Health conditions such as high blood pressure or diabetes



GET A COMPREHENSIVE DILATED EYE EXAM

Many vision issues have no symptoms or warning signs. A dilated eye exam is the best way to catch problems early.

During a dilated eye exam, your eye doctor will put drops in your eyes to dilate them. This allows more light into your eyes, which makes it easier for the doctor to see your retina and check for problems.

Depending on your risk factors and your age, you should have a dilated eye exam every 1 to 2 years.



PROTECT YOUR EYES

- Wear sunglasses, even on cloudy days. Look for sunglasses that protect against both UVA and UVB rays.
- Use protective eyewear when playing sports or doing home repairs.
- Give eyes a break from screens. Every 20 minutes, look away from your computer at something at least 20 feet away for 20 seconds.
- Follow good handwashing hygiene to protect eyes from infections.