



# Take care of your eyes for better overall health

## Check in with your eye doctor regularly

Did you know that many common eye issues don't have any symptoms? And some serious health conditions, like diabetes, can affect your eyes. That's why it's so important to schedule a visit with your eye doctor. Routine exams can help them spot any issues early on, when they're easier to treat.

## Know your risk factors for eye conditions

Family history and age are the two main risk factors for healthy eyes. So for example, if someone in your family had glaucoma, your risk is higher than someone with no family history of it. And many problems, including blindness, are age-related.



## Follow the 20-20-20 rule to give your eyes a break

Every 20 minutes, look at an object at least 20 feet away for at least 20 seconds.

# 5 tips for healthy eyes



## 1. Eat a healthy diet

You may have heard that carrots are good for your eyes. And that's true — it's actually the vitamin A in them that can help you stay healthy. Also try to include:

- Vitamin C, like citrus fruits, kale and strawberries
- Vitamin E, like almonds, avocados and sunflower seeds
- Zinc, like kidney beans, lima beans and black-eyed peas
- Omega-3 fatty acids, like salmon, walnuts, and chia and flax seeds



## 2. Be active

You can lower your risk for conditions like diabetes, high blood pressure and high cholesterol. These can affect both your vision and the health of your eyes.



## 3. Stay tobacco free

Smoking raises your risk of developing diseases like macular degeneration and cataracts. It can also damage the optic nerve.



## 4. Wear sunglasses

The sun can damage tissues in your eyes, so look for shades with 100% UV protection.



## 5. Use safety glasses

Most eye injuries are caused by a foreign object. So it's important to wear safety glasses with side protection, especially if you're working with tools.

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