



# Vision health

## 7 ways to protect your eyes

From perceiving beauty to detecting potential dangers, your eyes play a major role in your quality of life. To keep your eyes healthy and protect your vision, here are 7 guidelines.

- 1. Have a comprehensive dilated eye exam.** Catching eye problems early can improve treatment effectiveness. Some conditions don't have warning signs, but can be assessed during a dilated eye exam.
- 2. Know your risk.** Find out if any family members have been diagnosed with an eye disease or condition. This information will help identify your risk.
- 3. Visit your doctor regularly.** Annual wellness checkups are important to catch disease early, including conditions such as diabetes and high blood pressure, which contribute to declining vision.
- 4. Wear eye protection.** When playing sports or doing activities that could harm your eyes, wear protective eyewear, such as safety glasses, goggles, or safety shields.
- 5. Sport the shades.** The sun's ultraviolet light rays can damage your eyes, and over time lead to conditions such as cataracts. Look for sunglasses that block out 99 to 100 percent of both UV-A and UV-B radiation.
- 6. Try the 20-20-20 rule.** Spending a lot of time at the computer or focusing on any one thing can cause eye strain. Try this: Every 20 minutes, look away about 20 feet in front of you for 20 seconds.
- 7. Toss tobacco.** Smoking increases risk of developing conditions that can lead to blindness. If you need help quitting, talk with your doctor.

### Source

Centers for Disease Control and Prevention



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