

SAVE YOUR VISION

March is National Save Your Vision Month. Close to 75% of the population believe that their sight is the most important sense they have, but only 40% have an annual eye exam. If detected, eye disorders, macular degeneration, cataracts, computer vision syndrome and detached retinas can be treated through medication, surgery and healthy living. The following tips are beneficial in protecting your eyesight and maintaining a healthy life style.

1. Check your family history for history of eye disease.
2. Have your eyes checked at least every two years. A comprehensive eye exam, including dilating your pupils, can determine your risk for major eye disease.
3. Protect your eyes from harmful ultra violet light. Wear sunglasses with proper UV protection to prevent the formation of cataracts.
4. Don't smoke- smoking increases the risk of developing macular degeneration and cataracts.
5. Eat a healthy diet and exercise- both are beneficial in reducing the rate of macular degeneration! Eat plenty of fruits and vegetables.
6. Look for changes in your vision. Double and hazy vision along with frequent flashes of light, floaters or eye pain and swelling demand immediate medical attention.
7. If you work with a computer- take short breaks in order to relax your eye muscle and make sure that you have proper lighting to reduce eye strain.
8. Protective eyewear- The right type of protective eyewear will assist in preventing injuries.

If you have any questions pertaining to your eyesight, please give our Personal Health Partners a call at 800-327-7272.

