Keep an "Eye" on Your Vision Health

Importance of Eye Exams

Regular eye exams are an important part of finding eye diseases early to protect your vision. However, an estimated 93 million Americans are at high risk for serious vision loss, but only half have visited an eye doctor in the past 12 months.

It is important to see your optometrist annually for a routine eye exam. During the exam, your optometrist may perform a dilated eye test, depending on your age and health. This allows them to detect glaucoma and other eye conditions, plus chronic conditions such as high blood pressure, high cholesterol, cancer, and diabetes.

In addition to visiting your eye care professional regularly, there's a lot you can do on your own to keep your eyes healthy and protect your vision.

TIPS TO KEEP YOUR EYES HEALTHY

Implement these simple tips to protect your eyes and keep your vision in check.

- **Visit your doctor for regular check-ups** and know your family's eye health history.
- **Eat a healthy diet**, including leafy greens such as spinach or kale.
- **Maintain a healthy weight** to help lower your risk of developing type 2 diabetes and other chronic conditions that could damage your eyes
- **Wear sunglasses** that block 99% or 100% of both UVA and UVB radiation from the sun. And remember, you should never look directly at the sun.
- **Rest your eyes from digital devices** by taking a break every 20 minutes to look at something about 20 feet away for 20 seconds.
- **Quit smoking**. Smoking increases the risk for cataracts, damage to your optic nerve, and macular degeneration, among many other medical problems.

SOURCES: Centers for Disease Control & Prevention, National Eye Institute, John Hopkins Medicine