



Monthly Wellness Newsletter | August 2018

Healthy Habits for Healthy Eyes

Many of us take our sight for granted and while the eyes are resilient organs, our vision changes over time and without the proper care. Even with a seemingly balanced diet and regular exercise, your lifestyle may be lacking the nutrients and habits necessary for healthy eyes. Therefore, while eyesight commonly weakens with age, the following steps can help your vision to stay strong.

Check Them

Even if your eyesight is good, regular eye exams are important for your current and future eye health. Receiving a regular exam every two years can allow for early detection of issues such as astigmatism or glaucoma, while identifying potential disabilities based on family history. In addition to identifying vision deterioration, exams can detect other full-body complications such as diabetes, high blood pressure, autoimmune diseases, and even some forms of cancer.

Shield Them

Always wear protective eyewear. Wear sunglasses to shield your eyes from UV rays and prevent cataracts and macular degeneration. To further protect your eyes when driving, try polarized lenses to reduce glare. Put on safety glasses or protective goggles when working with any materials that can get into your eyes and while playing contact sports.

Give Them a Break

Rest your eyes every 20 minutes, especially when focusing on a screen for a long period of time, by glancing at something 20 feet away for at least 20 seconds. When at work, make an

effort to get up and move every 2 hours and rest your eyes whenever they begin to feel strained. If you are experiencing pain from looking at screens, speak with your Optometrist about using eye drops or computer glasses to minimize dryness and strain. Also, be sure to get an average of 7-8 hours of sleep each night as your eyes need rest in a dark space to recover, especially after a long day of staring at screens or spending time in the sun.

Monitor Them

While regular exams are important for both current and preventative eye health, monitoring eyestrain, blurriness and headaches can help you notice otherwise undetected issues. Doctors can only make diagnoses with the information they have access to. As the patient, you can help your Optometrist identify concerns by telling them about any vision challenges or changes you experience. Always tell your doctor about changes in visual clarity or peripheral vision, or if you are seeing distorted images, flashes or floaters.

Nourish Them

Just as it is important to feed your body for overall health, your eyes require certain nutrients to stay well. First and foremost, omega-3 fatty acids, predominantly found in fish, have been found to lower the risk of

vision challenges. Nuts, seeds and legumes, such as lentils, also contain high levels of omega-3s as well as Vitamin E. Citrus fruits, rich in Vitamin C, and carrots which are known for high levels of Vitamin A and beta carotene maintain eye strength. Leafy greens, which offer lutein and zeaxanthin, offer protection against age-related damage. Beef and eggs are both high in zinc, which can help delay age-related sight loss and ultimately support current vision strength. In addition to fueling your body with nutrients and minerals, staying hydrated is also extremely important to keep your eyes healthy.

Caring for your eyes can minimize dryness and strain that impact daily habits, while ultimately preventing future sight loss. Next time your eyes feel dry, you develop a headache staring at a screen, or you realize you haven't stood up from your desk in 4 hours, take a few moments to give your eyes a break. Whether you currently have glasses and sight challenges or if you were blessed with 20/20 vision, following these steps can keep your eyes healthy for many years to come.

To learn more about staying hydrated or to reach a Wellness

Expert, contact eni by calling:

1.800.327.2255