

be
well.

September 2016



Keep Your Vision Healthy

People of all ages should have their eyesight tested to keep their vision at its best.

Even if your vision seems fine, the only way to know your eyes are healthy for sure is to get a comprehensive dilated eye exam. When you should start getting such exams depends on many factors, including your age, race, and overall health.

Growing older puts you at risk for glaucoma, age-related macular degeneration, and diabetic retinopathy.

Healthy Eyes at All Ages

- ❖ **Know your family's eye health history**
- ❖ **Eat Right**—fruits and vegetables (especially dark leafy greens like spinach or kale) and fish high in omega-3 fatty acids (like salmon or tuna) may help your eyes
- ❖ **Maintain a Healthy Weight**—excess weight raises your risk for diabetes and other conditions that can harm vision
- ❖ **Wear Protective Eyewear**—wear eye protection specially designed for sports, home improvement projects, and other activities
- ❖ **Wear Sunglasses**—to protect your eyes from sun damage, choose glasses that block at least 99 percent of both UV-A and UV-B rays
- ❖ **Quit Smoking or Never Start**—smoking is linked to an increased risk for several eye diseases



This Employee Benefits Bulletin is brought to you by your Human Resources Department and is for informational purposes only. It is not intended as a substitute for medical advice or treatment. Always seek the advice of your doctor or other medical professional if you have questions about any medical condition, diagnosis or treatment. Health and wellness information provided at <https://newsinhealth.nih.gov> and <http://healthfinder.gov>.

