



Good Nutrition is
Vital to Eye Health
and Healthy Vision!™



Vision Health



Simple Tips for Healthy Eyes

- ✓ Find out if you are at higher risk for eye diseases- family history, age, health condition
- ✓ Have regular physical exams to check for diabetes and high blood pressure
- ✓ Look for warning signs of changes in your vision
- ✓ Exercise regularly can reduce the risk of age-related macular degeneration by up to 70 percent
- ✓ Protect your eyes from harmful UV light
- ✓ Eat a healthy and balanced diet
- ✓ Get a comprehensive eye exam at least every two years.

Age Related Eye Diseases

Macular Degeneration

- Leading cause of vision loss for 60 year old or older
- Destroy sharp central vision crucial for reading & driving
- Two types of Macular Degeneration: Dry M.D., or Wet M.D.

Glaucoma

- Leading cause of blindness
- Increase fluid pressure in eyes and damage the eye's optic nerve
- Vision loss due to glaucoma can't be recovered. It's important to have regular eye exam and receive treatment at early stage

Cataract

- Leading cause of vision loss in the U.S.
- Clouding of the eye's lens
- Estimate 17.2% American 40 yrs or older have cataract in one or both eyes
- Symptom: blurry vision, colors faded, glare, double vision, not able to see well

Preventing Eye Injury

- Wear Protective eye wear when playing sport or work around the house
- Wear your shade- sunglasses protect your eyes from the sun's Ultraviolet rays



Preventing Eye Strain

- Eyestrain is a common condition that occurs when your eyes get tired from intense use.
- Extended use of computers and other digital devices is one of the most common causes of eyestrain.
- Symptoms of Eyestrain
 - Sore, tired, burning or itching eyes
 - Watery or dry eyes
 - Blurred or double vision
 - Headache
 - Sore neck, shoulders or back
 - Increased sensitivity to light
 - Difficulty concentrating
 - Feeling that you cannot keep your eyes open

Common causes of eyestrain

- ❖ Looking at digital device screens at less-than-ideal distances or angles
- ❖ Use digital device with poor contrast between the text and the background
- ❖ Use devices that have glare or reflection
- ❖ Reading without pausing to rest your eyes
- ❖ Driving long distances and doing other activities involving extended focus
- ❖ Being exposed to bright light or glare
- ❖ Straining to see in very dim light
- ❖ Having an underlying eye problem, such as dry eyes or uncorrected vision (refractive error)
- ❖ Being stressed or fatigued
- ❖ Exposure to dry moving air from a fan, heating or air-conditioning system



The 20-20-20 Rule

The 20-20-20 Rule Preventing Eye Strain

Every 20 Minutes

Give your eyes a break and take your eyes off your computer.

20 Minutes

Blink often to refresh your eyes.

Many people blink less when working at a computer. Blinking helps produce tears that moisten and refresh your eyes.

20 Feet

Look at something 20 feet away

Try to stand up and move around at least once every hour or so. If possible, lean back and close your eyes for a few moments.

20 Seconds

For at least 20 seconds.

Take a break every 15 to 30 minutes for at least 20 seconds.

Adjust computer display settings.

Adjusting the brightness,

Take regular breaks from your computer screen.

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Adjust computer display settings

Adjusting the brightness, text size, contrast and cool temperature of your computer settings can help reduce eye strain and fatigue

For at least 20 seconds

Take a break every 15 to 30 minutes for at least 20 seconds

Take regular breaks from your computer screen

To reduce the risk for not only eye strain but neck, back and shoulder pain, take frequent breaks from your computer.