Tips to Prevent Vision Loss

Your eyes are an important part of your health. You can do many things to keep them healthy and make sure you're seeing your best. Follow these simple guidelines for maintaining healthy eyes well into your golden years.

☐ **Have a comprehensive dilated eye exam.** Getting a dilated eye exam is the single best thing you can do for your eye health. It's the only way to find eye diseases early, when they're easier to treat — and before they cause vision loss. Your eye doctor will decide how often you need an exam based on your risk for eye diseases.

☐ **Maintain your blood sugar levels.** 90% of blindness caused by diabetes is preventable.

☐ **Know your family's eye health history.** Talk to your family members about their eye health history. It's important to know if anyone has been diagnosed with an eye disease or condition, since many are hereditary.

☐ **Eat right to protect your sight.** Eating a diet rich in fruits and vegetables—particularly dark leafy greens, such as spinach, kale, or collard greens—is important for keeping your eyes healthy.

☐ **Get active.** Being physically active helps you stay healthy. It can also lower your risk of health conditions that can cause eye health or vision problems—like diabetes, high blood pressure, and high cholesterol.

☐ **Wear protective eyewear.** Wear protective eyewear when playing sports or doing activities around the home.

☐ **Quit smoking or never start.** Smoking is as bad for your eyes as it is for the rest of your body.

☐ **Be cool and wear your shades.** Sunglasses are a great fashion accessory, but their most important job is to protect your eyes from the sun's ultraviolet rays.

☐ **Give your eyes a rest.** If you spend a lot of time at the computer or focusing on any one thing, you sometimes forget to blink, and your eyes can get fatigued.

☐ **Clean your hands and your contact lenses—properly.** To avoid the risk of infection, always wash your hands thoroughly before putting in or taking out your contact lenses. Make sure to disinfect contact lenses as instructed and replace them as appropriate.

☐ **Practice workplace eye safety.** When protective eyewear is required as a part of your job, make a habit of always wearing the appropriate type, and encourage your coworkers to do the same.