

THE IMPORTANCE OF proper eye care



Many people don't think about their eyes until they start to hurt or develop a problem. But even if your eyes feel fine, they need proper care to keep them healthy. Follow the advice of the National Eye Institute:

Get regular eye exams.

Your doctor can recommend a schedule for you, depending on your age and other health factors. Many common eye diseases, such as glaucoma, diabetic eye disease and age-related macular degeneration, don't have obvious symptoms. An eye exam can find these problems early, when they're most treatable.

Eat a healthy diet.

Your eyes benefit from a diet rich in fruits, vegetables and omega-3 fatty acids. Talk with your doctor about the right diet for you.

Keep them shaded.

Wear sunglasses that have at least 99 percent UVA and UVB protection when you're outside.

Don't smoke.

Smoking hurts your health in many ways, including your sight. It increases your risk of eye problems that can lead to blindness. It's never too late to quit. For free resources to help you quit, visit smokefree.gov.

Protect your eyes.

Cover your face and eyes with goggles or a full-face mask when playing sports or doing work. Wear safety goggles when working with power tools and sharp objects. Follow your employer's guidelines for wearing eye protection. Encourage your coworkers to do the same.

Know your family history.

If there are eye problems in your family, tell your doctor.