VersantHealth®

May

Healthy Vision Month

10 healthy habits that can protect your lifelong vision health

By developing these simple habits, you can help protect your eye health.

1—Wash your hands
Many vision-related diseases can be spread by touching in or near the eye with an unwashed hand.

2—Safely handle and store contacts
Remember to avoid extended wear and to always toss your solution when it expires. Of course, never touch contacts without washing your hands.

3—Avoid risky cosmetic procedures
Don't risk your eye health by getting dangerous procedures like iris tattooing or unnecessary lid lifts.

4—Wear eye protection
Wear eye protection any time you are near equipment that could fling debris or projectiles. In addition, be sure to wear sunglasses with both UVA and UVB protection.

5—Eat eye-healthy foods
Reduce your risk of cataracts, macular degeneration, night-blindness, and other eye problems with a balanced diet containing fish, eggs, and whole grains.

6—Exercise
Exercise helps reduce stress, regulate blood sugar, and increase blood flow. All of these are great for staying fit and for maintaining healthy eyes.

7—Manage blood sugar and cholesterol
Uncontrolled blood sugar, high cholesterol, and high blood pressure can reduce the efficiency of your circulatory system. Diabetic retinopathy, glaucoma, or blurry vision may result.

8—Rest your eyes
If you're not using your distance vision while overusing your near vision, you may develop nearsightedness or eye strain. Take regular breaks.

9—Stop smoking
Smoking increases the risk of vision loss as you age. The smoke is constantly irritating and inflaming your eyes. Eventually, eyesight will decline.

10—Get regular eye exams
Eye exams aren't just for correcting vision issues. They are also key in the early detection of systemic diseases like diabetes and hypertension. Your eye exam is one of the most important preventative care services available to you.

Sources: All About Vision, AAO, AOA, Glaucoma.org, NIH.gov

Learn more at versanthealth.com/blog

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