



BRANIFF & DAVIDSON

TEL: 01900 606111 / WWW.BRANIFFANDDAVIDSON.CO.UK

HOW TO KEEP YOUR EYES HEALTHY



1. Have an eye test every 2 years (or more often if recommended)

A regular eye examination can determine if you need glasses and ensure they are up to date, but can also detect eye diseases and some general health conditions eg, diabetes, high blood pressure or cholesterol.



2. Eat healthily

A balanced diet reduces the risk of developing some eye diseases such as macula degeneration and dry eye. Include omega 3 fats (oily fish) and lutein (green leafy vegetables eg spinach and kale) and plenty of fruit and vegetables to provide vitamins A, C and E.



3. Take regular breaks

It's not natural for our eyes to focus at one set distance for long periods of time, and in recent years most of us find ourselves staring at computer screens, mobile phones, tablets or books for several hours each day. This can cause eye strain, tiredness and headaches even for someone with normal eyesight. Remember the 20/20/20 rule - so every 20 minutes, look at something 20 feet away for 20 seconds. This allows the eye muscles to relax. Also don't forget to blink regularly as when we stare at a screen our blink rate can be reduced by up to 4 times and this can cause dry eye problems.



4. Sunglasses

Sunglasses make your vision more comfortable in bright sunlight and protect your eyes from harmful UV light which can cause cataracts and macula degeneration in later life. Make sure your sunglasses conform to British Standards or carry the European CE mark. Children should also wear sunglasses along with a hat and sunblock.



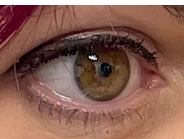
5. Don't smoke

If you smoke, try your best to stop, as smoking increases the risk of developing cataracts and macula degeneration. However long you have smoked it's never too late to try and stop.



6. Family history

Some eye conditions can run in families eg, long or short sightedness, colour vision problems and glaucoma. If you have a family history of eye disease let your optometrist know.



7. Dry eyes

Many people suffer from dry eyes due to not producing enough tears or the quality of the tears may be poor. Computer use, central heating, air conditioning, seasonal changes, general health conditions, hormonal changes, contact lens wear, medication and not drinking enough water are some of the reasons why people may suffer from this frustrating condition. Taking omega-3 supplements, good eyelid hygiene, hot compresses, drinking plenty of water, remembering to blink often and using lubricating eye drops can help manage this condition.