



## Tips for healthy eyes

1. **Have your eyes tested regularly.** Visioncare eye tests are very thorough and can highlight eye conditions and other health problems.
2. **Protect your eyes from the sun.** Over-exposure to ultraviolet (UV) rays can cause problems, including cataracts and age-related macular degeneration. In sunny weather, always wear sunglasses or tinted lenses.
3. Take **short regular breaks from the computer** to prevent eyestrain and tiredness. Even if you don't get up, an 'eye break' looking away from the screen and focusing on objects at varying distances will help your eyes relax.
4. **Stop smoking.** Smokers are approximately 3 times more likely to develop cataracts than non-smokers.
5. If you play sport, **buy protective sports goggles** to shield your eyes. This is especially important if you play racquet sports; squash is the main cause of serious eye injuries. You'll find a wide range of prescription sportswear at Visioncare opticians.
6. Eye injuries caused by home DIY are common. Always **wear safety goggles** to avoid injuries caused by metal shards or wood chips. If your work requires you to wear protective eyewear your employer should provide it and you should never go without.
7. If you get dust or grit in your eye, **don't rub your eyes.** Pull the upper eyelid down over the lower lid and blink frequently to help the lower lashes and tears wash away the dust or grit. If you have difficulty, visit your local optometrist for help.
8. If you wear contact lenses, regular **contact lens check-ups** are vital to ensure your lenses remain comfortable and your eyes stay healthy.
9. **Eat plenty of vegetables and fruit.** Spinach, sweetcorn, broccoli, yellow peppers, kiwi fruits, mangoes and oranges are all good sources of lutein and zeaxanthin, which could help protect against some eye conditions. If a busy lifestyle means your diet isn't always as healthy as you'd like it to be, ask about eye-health supplements next time you're at a Visioncare optician.
10. If you notice any changes in your vision, pain in or around your eyes or if you suffer from regular headaches, **book an appointment to see an optometrist.**