Healthy Vision Month

HEALTHY TIP SHEET - APRIL

Want More Information?

Visit **www.BlueHealthAdvantageNE.com** for additional health and wellness information and to take the Monthly Health Challenge – Protect Your Vision.

Picture Perfect Eyesight

In the blink of an eye, you can suffer an eye injury – 2.5 million people sustain an eye injury each year and 90 percent could have been prevented by using protective eyewear. Eye disease, that occurs over time, such as cataracts, glaucoma and dry eye, are preventable, as well as treatable, with regular vision checkups and a healthy lifestyle. The following are some tips to keep your eyes safe and healthy.

Rest Your Eyes

Adults spend an average of 8.5 hours a day staring at a screen. Studies found that even an hour of continuous screen time can cause eye strain. Tips to rest your eyes:

- Eliminate glare
- Close your eyes often
- Take a break every hour

Be on the Lookout for Warning Signs

Many eye diseases are genetic or age-related, but lifestyle, level of exercise and diet affect your vision. Be on the lookout for the warning signs of common eye diseases such as:

- Blurry, cloudy or dim vision
- Need for more light to see
- Blank or blurry spots in your vision

Get Recommended Eye Exams

If you are at higher risk for eye diseases you need to be examined more often. For example, adults with diabetes should have yearly eye exams.

Reduce Your Risk

- Wear sunglasses to block ultraviolet sunlight
- Quit smoking to increase supply of vitamins and nutrients to your eyes
- Eat more fruits and vegetables high in antioxidants
- Limit alcohol use
- Exercise regularly and maintain a healthy weight
- Wear safety glasses or eye protection when you play sports, use solvents or chemicals, work on cars, or use power tools