

Healthy Eyes

- ✓ **SCHEDULE EYE EXAMS:** *Plan exams for the whole family in the beginning of each New Year so it's easy to remember! A comprehensive eye exam can help prevent and detect serious problems before you know they exist.*
- ✓ **WEAR SUNGLASSES:** *Protect your eyes from the sun's harmful UV rays; even on a cloudy day they can be dangerous!*
- ✓ **REST YOUR EYES:** *While working at a computer, remember to rest your eyes every 20 minutes to prevent eye strain.*
- ✓ **STOP SMOKING:** *If you smoke, quit! Smoking increases your risk of cataracts and other sight threatening diseases.*
- ✓ **BE ACTIVE:** *Regular exercise helps to delay age-related macular degeneration, which is the leading cause of permanent vision loss.*
- ✓ **EAT YOUR VEGGIES:** *A healthy diet with fresh fruits and leafy greens helps to reduce your risk of dry eyes, macular degeneration, glaucoma, and more.*
- ✓ **STAY HYDRATED:** *Drinking lots of water helps to keep your eyes moist and nourished.*