Simple Tips for Healthy Eyes

Eyes are an important part of your general health. Keep your eyes healthy by following these basic steps.

1. **Have a dilated eye exam.** During this exam, the doctor puts drops in your eyes. The drops make the pupils in your eyes widen, so the doctor can see the back of your eyes. A dilated eye exam is the only way to tell if something is wrong with your eyes. Check each year to see if you have glaucoma or retinopathy.

2. **Know your family’s eye history.** If someone in your family has had an eye disease, the chances are greater that you also may develop an eye disease. If you catch it early, chances are good that it can be treated.

3. **Eat right to protect your sight.** Fruits and vegetables are good for your eye health. Dark, leafy greens such as spinach or kale are particularly good. Eating salmon, tuna and halibut are good for you, too.

4. **Maintain a healthy weight.** Being overweight can lead to diabetes and other illnesses. This, in turn, can lead to vision loss from diabetic eye disease or glaucoma.

5. **Wear eyewear to protect your eyes.** This is especially important when playing sports or using electric tools.

**Six warning signs of eye disease:**

1. You can’t see as well as you used to
2. Eye pain
3. Eye redness or discharge from the eye
4. Seeing dots, floating things that move, spider webs
5. Seeing halos around lights
6. Double vision

Even if you have had your yearly checkup, see your eye doctor if you experience one of these six signs.

**Computer eye strain**

We are spending more and more time in front of our computers. Tired eyes, headaches, blurry vision and burning eyes are some of the symptoms of computer eye strain. These tips may help you avoid eye strain.

1. Make the type bigger if you are leaning into your computer
2. Use a flat screen monitor that has at least a 19” diagonal
3. Use a high resolution screen
4. Make sure your screen is neither too bright nor too dull
5. Minimize glare
6. The monitor should be at a slight angle
7. The center of the screen should be just below eye level

Regular eye exams are an important part of keeping your eyes healthy. Make one today.


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