



eye examinations · diagnosis and treatment of eye disease
contact lenses · keratoconus · lasik co management

Recommendations for optimal eye health:

1. Stay Healthy

- Visit your general physician regularly and take prescribed medications.
- Maintain optimal blood pressure and cholesterol for cardiovascular health.
- Monitor your blood glucose regularly if you have diabetes. Diabetics have an increased risk of diseases including cataracts and glaucoma.
- Do not smoke. Cigarette smoking increases risk of macular degeneration and cataracts.
- Eat a healthy diet containing foods that promote eye health and wellness such as foods rich in lutein and Omega 3 fatty acids. Excellent sources include green leafy vegetables such as broccoli and spinach as well as blueberries and cantaloupe.
- Regular exercise to maintain proper body weight can help reduce the risk of cataracts, macular degeneration and diabetes.

2. Protect Your Eyes from UV Light and Injury

- UV light may increase the risk of cataracts and macular degeneration.
- One of the most common places for skin cancer is the lower lid.
- Protect your child's eyes from UV damage. 80% of UV light exposure occurs before the age of 20. Seek sunglasses for you and your family that contain a **UV400 filter**.
- Almost all eye injuries are preventable with protective eyewear, including sports goggles and safety glasses.

3. Schedule Annual Eye Exams for You and Your Family

- Eye exams are important for children as undetected vision problems can lead to learning difficulties.
- Clear vision helps ensure safe driving, especially at night.
- Many eye conditions, such as glaucoma and retinal tears, may be easily treated and vision loss prevented, when detected early.
- Common health conditions, including diabetes and high blood pressure, may be detected during a routine eye exam.
- Seek attention **immediately** if you begin to experience flashing lights and spots in front of your eyes, experience a sudden decrease in vision or if your eyes become red and painful.

4. Resources on the web

- www.webmd.com
- www.allaboutvision.com

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