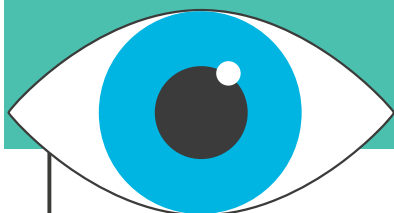# The Eyes Have It

Reasons to Focus on Eye Health During the Month of May

Healthy Vision Month is an ideal time to discuss eye health and eye protection safety in the workplace. A healthy diet, regular eye exams, and wearing protective eye gear can keep the eyes in good working condition!

7 WAYS TO PROTECT THE EYES

There are a variety of ways to keep the eyes safe. Here are seven ways to keep your peepers in good working condition.

1. Get Annual Eye Exams
See an eye doctor at least once a year to rule out any serious eye conditions. Diabetics and those with existing health conditions may need to go more often.

2. Eat a Healthy Diet
A varied diet with fresh fruits and vegetables provide essential vitamins — like A, E, and C — for optimal eye health.

3. Wear Protective Eye Gear
When working around chemicals or in construction environments, always use protective eye gear. Sunglasses are important too — even on a cloudy day!

4. Learn Your Family's Eye Health History
Knowing your family's eye health history can help your eye doctor keep a watchful eye on specific potential problems.

5. Stay on Top of Your Health
Issues like high blood pressure and diabetes can cause eye complications. Regular health checkups can help catch and prevent these health issues.

6. Quit Smoking
Smoking increases the risk for eye conditions like macular degeneration and cataracts. Create a plan to quit, ASAP.

7. Do Eye Exercises
Logging time at a computer all day? Take breaks to keep your eyes from getting strained and dry with eye exercises. Look at ways to reduce screen time, too.

WHEN TO SEE AN EYE DOC

Everyone should schedule an annual eye exam with their local eye doctor. But, you may need to go more frequently if you have chronic eye issues or health concerns like diabetes.

Always see an eye doc ASAP if you experience:

- Eye Pain
- Floaters
- Double Vision
- Decreased vision
- Flashes of light in your vision
- Drainage or redness of the eyes
- Circles (halos) around light sources

TOTALWELLNESS