

Eye Health

Millions of people have problems with their vision every year. Some of these problems can cause permanent vision loss and even blindness, while others are common problems that can be easily corrected with glasses or contacts. Having a regular, comprehensive eye exam is one of the best things you can do to make sure you keep your eyes healthy.

Did you know?

Out of all the muscles in your body, the muscles that control your eyes are the most active.

You blink about 12 times per minute and each blink lasts about 1/10 of a second.

Best Practices for Healthy Eyes

Give your eyes a rest:

If you spend a lot of time at the computer or focusing on any one thing, you sometimes forget to blink and your eyes can get fatigued. Try the 20-20-20 rule. Every 20 minutes, look away about 20 feet in front of you for 20 seconds. This can help reduce eye strain.

Wear your shades:

Sunglasses are a great fashion accessory, but their most important job is to protect your eyes from UV rays. When buying sunglasses, look for ones that block out 99-100% of both UV-A and UV-B radiation.

Practice workplace eye safety:

Employers are required to provide a safe work environment. When protective eyewear is required as a part of your job, make it a habit of wearing the appropriate type at all times and encourage your coworkers to do the same.

Maintain a healthy weight:

Being overweight or obese increases your risk of developing diabetes and other systemic conditions, which can have vision-threatening complications, such as diabetic eye disease.

Eat right to protect your sight:

Eating a diet rich in fruits and vegetable, particularly dark, leafy greens such as spinach, kale, or collard greens is important for keeping your eyes healthy. Research has also shown that your eyes benefit from eating fish rich in omega-3 fatty acids such as salmon, tuna, and halibut.