

# Health & Wellness

## Tip of the Week

Week 31  
August 1, 2016

**August** is all about **Healthy Vision and Eye Care**. It is the perfect time to remind you about the importance of getting annual checkups and maintaining excellent eye health.

### Looking Out For Your Eye Health

Our eyes work hard for us each day. When problems occur, we may put our sight at risk if we don't seek help when we should.

Consider an eye exam if you have any of these symptoms:

-  Watery eyes
-  Trouble focusing on close or far away objects
-  More sensitivity to light or glare
-  Persistent pain in or around eyes
-  Double vision
-  Seeing spots

Make an emergency visit with your eye doctor if you have:

-  Side vision blocked out
-  Black spots or flashes of light
-  Sudden vision loss in one eye or blurred, hazy vision
-  Rainbows or halos around light
-  Drape-like blotting of vision

If you have eye problems, don't look the other way. Schedule a complete eye exam with your doctor. Regular eye exams are important even if you don't notice any eye problems. Exams can find issues early and prevent the risk of blindness, especially if you have certain health conditions such as high blood pressure or diabetes that can affect your eyesight.

*Source: Prevent Blindness*



Human Resources  
1201 E. 8<sup>th</sup> Street  
Mission, Texas 78572