

# Health & Wellness

## Tip of the Week

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.

Week 34  
August 22, 2016

### Keeping Eyes Healthy

To keep eyes healthy and lower your chances of having eye problems, Prevent Blindness America suggests these tips:

- 👁️ Go to an eye doctor at least once a year.
- 👁️ If you smoke, stop.
- 👁️ Eat a well-balanced diet. Eat foods that have antioxidants.
- 👁️ Keep yourself fit by staying active.
- 👁️ Keep your blood pressure in normal range.
- 👁️ Wear UV-blocking sunglasses and a brimmed hat to protect your eyes.

Source: Prevent Blindness America

**Your EYE HEALTH**

**6 FOODS FOR HEALTHY EYES**

- 1 FATTY FISH**  
Tuna, salmon, mackerel and trout are rich in omega-3 fatty acids, which aid eye development and can prevent dry eyes.
- 2 LEAFY GREENS**  
They're packed with lutein and zeaxanthin - antioxidants that lower the risk of developing macular degeneration and cataracts.
- 3 CARROTS**  
Orange-coloured fruits and vegetables, like carrots, promote eye health and protect vision. Beta-carotene, a type of Vitamin A that gives these foods their orange hue, helps the retina and other parts of the eye to function smoothly.
- 4 ORANGES**  
These are powerhouses of Vitamin C, which has been shown to reduce the risk of eye diseases including cataracts.
- 5 BERRIES**  
Dark berries are rich in anthocyanin, which reduce the risk of developing eye disorders including glaucoma.
- 6 ALMONDS**  
Almonds are filled with Vitamin E, which may slow the damage caused by UV exposure.

**LOOKING AFTER YOUR EYES**

- UV PROTECTION**  
Harmful UVA and UVB rays contained in sunlight may be a factor in a number of eye diseases, in particular cataracts.
- STOP SMOKING**  
Smokers double their risk of developing AMD, one of the UK's leading causes of sight loss.
- DRINK LESS ALCOHOL**  
Heavy alcohol consumption weakens the eye muscles and is associated with optic neuropathy, which causes vision loss.

Optical Express  
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Information and Equipes from various sources, including NHS, NHS and Optical Express clinicians



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