

Keep an Eye on Healthy Vision

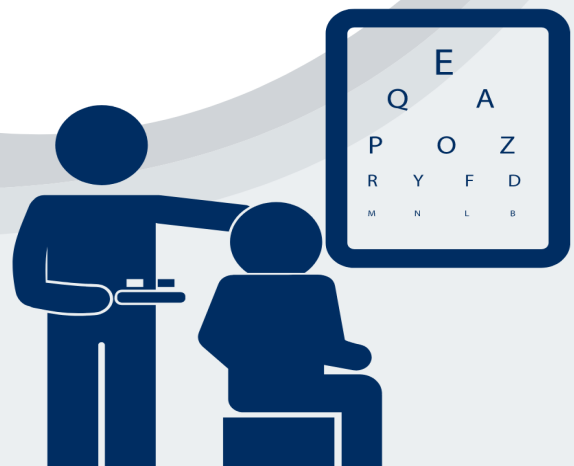
Eye Health: Why It Matters

Even if your eyes feel healthy, you could have a problem and not know it. That's because many eye diseases **don't have any symptoms** or warning signs. An estimated **93 million** adults in the United States are at high risk for serious vision loss, but **only half** have visited an eye doctor in the past 12 months.

Early detection and treatment is critically important to prevent some common eye diseases from causing permanent vision loss or blindness. In addition to visiting your eye care professional for a **comprehensive, dilated eye exam** regularly, there's a lot you can do to keep your eyes healthy and protect your vision.

5 TIPS TO PROTECT YOUR VISION

- Get regular eye exams and know your family's eye history.
- Eat a healthy diet, including leafy greens such as spinach or kale, and maintain a healthy weight.
- Wear sunglasses that block out 99% to 100% of UV-A and UV-B radiation (the sun's rays).
- Rest your eyes from digital devices by taking a break every 20 minutes to look at something about 20 feet away for 20 seconds.
- Quit smoking.



SOURCES: American Academy of Ophthalmology, Centers for Disease Control & Prevention, National Eye Institute