



The Delaware Office of **WOMEN'S HEALTH**

Things You Can Do Right Now to Protect Your Vision

As you get older, your risk for some eye diseases may increase. Vision disability is one of the top 10 disabilities among adults and one of the most prevalent disabling conditions among children according to the Centers for Disease Control and Prevention. Ensure a lifetime of good vision with these tips!

Find an eye doctor you trust.

Many eye diseases don't have any early symptoms, so you could have a problem and not know it. Your eye doctor can help you stay on top of your eye health. Check your health insurance plan to find eye doctors near you.



Get a dilated eye exam.

It's the single best thing you can do for your eye health and is the only way to find eye diseases early, when they're easier to treat, and before they cause vision loss.

Your eye doctor will decide how often you need an exam based on your risk for eye diseases.

Add more movement to your day.



Physical activity can lower your risk for health conditions that can affect your vision, like diabetes and high blood pressure.

Any consistent activity that gets your heart pumping helps.

Get your family talking... about eye health history!

Some eye diseases, like glaucoma and age-related macular degeneration, can run in families. Talking about your family health history can help everyone stay healthy. Ask if anyone knows about eye problems in your family. Share what you learn with your eye doctor to see if you need to take steps to lower your risk.



DELAWARE HEALTH AND SOCIAL SERVICES
Division of Public Health

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Eat healthy foods.

Eating healthy helps prevent health conditions that can put you at risk for eye problems. Eat right for your sight by adding more eye-healthy foods to your plate! Try dark, leafy greens like spinach, kale, and collard greens. Also include fish high in omega-3 fatty acids like halibut, salmon, and tuna.

Make a habit of wearing your sunglasses — even on cloudy days.

You know the sun's UV rays can harm your skin, and the same goes for your eyes. Wearing sunglasses that block 99-100% of both UVA and UVB radiation can protect your eyes and lower your risk for cataracts. So be sure to add sunglasses to your must-have list before you leave the house.



Stay on top of long-term health conditions.

Diabetes and high blood pressure can increase your risk for some eye diseases, like glaucoma. 90% of blindness caused by diabetes is preventable. If you have diabetes or high blood pressure, ask your doctor what you can do to manage your condition and lower your risk of vision loss.



If you smoke, make a quit plan.

Quitting smoking is good for almost every part of your body, including your eyes. Kicking the habit will help lower your risk for eye diseases like macular degeneration and cataracts. Quitting smoking is hard, but it's possible — and a quit plan can help. Call 1-800-QUIT-NOW (1-800-784-8669) for free support.

Wear appropriate protective eye gear.

The National Institute for Occupational Safety and Health (NIOSH) reports that every day about 2,000 U.S. workers sustain job-related eye injuries that require medical treatment. However, safety experts and eye doctors believe the right eye protection can lessen the severity or even prevent 90% of these eye injuries.

For more information, visit:

<https://www.nei.nih.gov/learn-about-eye-health/resources-for-health-educators/healthy-vision-resources>



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