

# 9 Tips to Care for Your Vision



## Schedule Your Routine Eye Exam

Paying attention to your vision is important for your safety and overall health. Get regular comprehensive dilated eye exams to evaluate eye health, identify vision problems, and help in the early detection of chronic health conditions like diabetes.<sup>1</sup>



**Know your family's eye health history;** some eye conditions are hereditary and require early intervention.<sup>2</sup>



**Wear protective eyewear** like safety glasses, goggles and shields when playing sports, doing home repairs or yardwork, or while in the workplace (if necessary).<sup>2</sup>



**Eat healthy foods,** including dark, leafy greens like spinach, kale, and collard greens and fish high in omega-3 fatty acids, like salmon, tuna, trout and halibut.<sup>2</sup>



**Quit smoking, or never start.** Smoking increases your risk of diseases like macular degeneration and cataracts — and it can harm the optic nerve.<sup>2</sup>



**Get active.** Being physically active can also lower your risk of health conditions that can cause eye health or vision problems — like diabetes, high blood pressure, and high cholesterol.<sup>2</sup>



**Wear sunglasses** — even on cloudy days! Be sure to look for sunglasses that block 99 to 100% of both UVA and UVB radiation.<sup>2</sup>



**Always wash your hands** before handling your contact lenses.<sup>2</sup>



**Give your eyes a rest.** Digital eye strain is a growing problem. Try using the 20-20-20 rule throughout the day: every 20 minutes, look away from digital devices and focus about 20 feet in front of you for 20 seconds.<sup>2</sup>

To learn more about caring for your vision, visit [versanthealth.com/blog](https://versanthealth.com/blog).

1. Mukamal, R., Reviewed by Taylor, R.J. (Apr. 29, 2022). 20 Surprising Health Problems an Eye Exam Can Catch. American Academy of Ophthalmology. Retrieved Feb. 14, 2023 from <https://www.aaopt.org/eye-health/tips-prevention/surprising-health-conditions-eye-exam-detects>  
2. Healthy Vision Month. (Dec. 19, 2022.) Centers for Disease Control and Prevention. Retrieved March 20, 2023 from <https://www.cdc.gov/visionhealth/healthyvisionmonth/index.htm>

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