# AN EYE ON    YOUR HEALTH

**MAY 2016**

Having **regular** eye exams to make sure the eyes are healthy and seeing their best is important for **everyone**.

## *Did You Know?*

You can get a ***free*** pair of select prescription eyeglass frames when you have your *covered, routine* eye exam at **Visionworks** or **American Eyecare**.

Vision exams can detect several diseases such as **glaucoma**, **high blood pressure** and **diabetes**.

## 4 HEALTHY HABITS TO MAINTAIN GOOD EYE HEALTH:

1. **Eat for Good Vision:** Foods rich in antioxidants, such as berries, nuts and dark leafy vegetables are known to help protect the eyes from age-related macular degeneration, which is the leading cause of blindness among older Americans.

2. **Quit Smoking:** Smoking makes you more likely to get cataracts, optic nerve damage, and macular degeneration.

3. **Wear Sunglasses:** Too much UV exposure from the sun increases your risk of getting cataracts and macular degeneration.

4. **Visit Your Eye Doctor Regularly:** Everyone benefits from getting their eyes checked regularly; it helps you protect your sight and see your best!

— TRUST — wellness

Source File:  Anythink Libraries; AFB; Think About Your Eyes;  Senses

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