



Health Care Tips for Your Eyes, Naturally

- When you watch television in a dark room, keep a light on if you feel your eyes strain.
- Always read in good light. Dim light will not hurt your eyes but will tire your eyes more quickly.
- Use an antiglare filter on your computer monitor. It makes for less strain on your eyes. The filters are available to purchase anywhere you buy computers.
- Position your computer monitor so it's at or just below eye level and a little further away than you would hold a book while reading.
- Take frequent breaks from whatever you're doing to give your eye muscles a rest. Try closing your eyes for 30 seconds.
- Use appropriate safety glasses when working with power tools. Your normal glasses are not protecting you sufficiently as they are open to the sides and they can harm your eyes if they shatter due to a small projectile hitting them while you work. Always use safety glasses/goggles or a full face shield. The right protection can save your eyesight!
- Exposure to ultraviolet light (UVA and UVB) can cause eye diseases as cataracts and macular degeneration. Use sunglasses with ultraviolet protection, preferably wraparound ones. If your sunglasses are comfortable you are going to wear them more regularly. Additionally wear a large brimmed hat. It cuts down the glare from the sun as well.
- Eyestrain doesn't harm your eyes but it can cause discomforts such as watery or dry eyes, difficulty focusing, fatigue, and sometimes also give you a headache. Eyestrain can be a symptom of a serious condition such as glaucoma. If you're bothered by long-lasting, frequently recurring eyestrain - see your eye-care professional. If the strain is temporary due to focussed work – refresh your eyes with an Eye Cooler from the freezer and remember to take frequent breaks from whatever you're doing to give your eye muscles a rest.
- The major risk of eye disease for people with diabetes is diabetic retinopathy. This is when abnormal blood vessels grow across the retina, damaging and sometimes permanently destroying vision. Diabetic retinopathy affects about one-third of people with diabetes. Diet, medication, exercise and regular eye health checks are keys to controlling diabetes and reducing the risk of retinopathy.
- Adequate lighting makes a big difference. The average 60-year-old with no eye disorder requires twice as much illumination as a 20-year-old to read comfortably.
- Always see your optometrist or doctor if you have any symptoms or discomfort with your eyes.
- You should never use tissues or toilet paper to clean your glasses. They will scratch your lenses because paper is made from wood. Use either tissue cleaners made especially for glasses or use a soft, clean, fabric cloth.
- If you use eye-drops you will find that keeping them in the fridge will make it sting less when you put them in your eyes.
- It is important to always have regular eye health checks. Some eye diseases that cause blindness do not have any symptoms. Always consult your doctor or optometrist for advice on what is right for you.

