

Maintaining a healthy weight is also important as a high BMI significantly increases your risk of sight loss.

Eat well

Protecting your eyes starts with the food you eat.

Studies have shown that nutrients in omega-3 fatty acids, zinc and vitamins C and E may help prevent age-related conditions such as cataracts and macular degeneration.

Foods containing eye-friendly nutrients include green leafy vegetables; oily fish, like salmon; eggs; whole grains; chicken and citrus fruits.

You should also ensure your alcohol intake is within recommended limits.

Outdoor play

Spending two hours or more a day outdoors could help reduce myopia (short-sightedness) in children.

Be screen smart

Although working at a computer won't harm your eyes, sitting staring at a screen for long periods can cause 'screen fatigue' – sore, itchy or tired eyes, headaches, impaired colour perception and temporary blurring.

So, it is important to take regular screen breaks to keep your eyes feeling fresh and bright.

Review date: Sept 2023

¹ EyeQ Report, 2022

² Macular Society

³ Western Eye Hospital, London



EYE CARE FOR ALL

Top tips to help you keep your eyes & vision healthy

New research from Eye Health UK and Thomas Pocklington Trust reveals 77 per cent of us have suffered poor eye health in the last 12 months.¹

So, here are our top tips to help keep your eyes and vision healthy...

Regular check ups

Get your eyes tested every two years even if you think your vision is fine.

Your optometrist can spot signs of serious eye disease and some common health problems, including high blood pressure, long before you notice symptoms.

Routine eyes tests really are essential health checks for everyone, even if you have an existing eye condition or visual impairment.

Quit the habit

Smoking is directly linked to blindness.

Current smokers are up to four-times more likely to develop macular degeneration (the UK's leading cause of blindness) compared to past- or non-smokers.²

For help to quit visit: [nhs.uk/better-health/quit-smoking/](https://www.nhs.uk/better-health/quit-smoking/)

It's all relative

Talk to your relatives about their eye health as some eye conditions have genetic links such as glaucoma or squint.

It is important that you share this information with your optometrist or eye health professional.

Be cool in the sun

Protect your eyes when it's sunny or when you're in high glare areas such as near snow or water. Cumulative UV exposure can increase your risk of developing cataracts and macular degeneration.

When choosing sunglasses make sure that they are safe as well as stylish!

Look out for the CE, UV 400 or British Standard marks – this ensures they provide a safe level of protection from the sun's damaging UVA and UVB rays.

Contact care

If you wear contact lenses make sure you look after them properly.

Thoroughly wash and dry your hands before touching your contact lenses or your eyes and only ever clean your contacts using the lens solution recommended by your practitioner.

Never shower, sleep or swim with your contact lenses in because this can put you at risk of developing a serious eye infection which could lead to sight loss.

Also, don't wear them for longer than recommended by your practitioner or the manufacturer.

Protect your eyes

If you work with hazardous or airborne materials at work or home wear safety glasses to prevent eye injuries.

DIY and gardening are common causes of injury.

Always take care when storing and using household cleaning products - 40% of chemical eye injuries in children are caused by laundry detergent capsules.³

Keep fit and healthy

Being physically active could help reduce your risk of vision impairment. Brisk walks, swimming & cycling are all great ways to stay fit and healthy.