

TOP TIPS FOR HEALTHY EYES

Keep your eyes covered in the sun

The harmful UVA and UVB rays contained in sunlight may be a factor in a number of eye diseases, in particular cataracts and age-related macular degeneration (AMD). The best way to protect against any damage is to use a UV filter given in sunglasses, most prescription glasses and contact lenses.

Return for regular eye tests or check-ups

Having regular eye tests every two years is the best way to make sure your eyes are healthy and detect eye conditions before sight is affected.

Avoid or give up smoking

Smoking may increase your risk of developing or worsening existing sight conditions like age-related macular degeneration (AMD).

Eat a well-balanced diet and watch your weight

A balanced diet that includes sufficient fresh fruit and vegetables and avoids saturated fats can protect your eyes against several sight conditions. Being very overweight may also increase the risk of developing type 2 diabetes, which can lead to sight loss.



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