Tips to Prevent Vision Loss

Here are some tips to help you prevent vision loss:

- Wear sunglasses that protect against UV rays. UV rays from the sun can damage your eyes and increase your risk of cataracts and macular degeneration. When choosing sunglasses, look for ones that block 99% to 100% of UVA and UVB rays.

- Quit smoking. Smoking is a major risk factor for cataracts and age-related macular degeneration. If you smoke, quitting is the best thing you can do for your eye health.

- Eat a healthy diet. Eating a diet rich in fruits, vegetables, and whole grains can help protect your eyes from age-related vision loss. Some specific foods that are good for your eyes include:

    - Dark green leafy vegetables, such as spinach and kale, which are high in vitamins C and E

    - Fish, such as salmon and tuna, which are high in omega-3 fatty acids

    - Nuts and seeds, such as almonds and walnuts, which are also high in omega-3 fatty acids

- Control your blood pressure, blood sugar, and cholesterol levels. High blood pressure, high blood sugar, and high cholesterol can all increase your risk of vision loss. By controlling these conditions, you can help protect your vision.

- Protect your eyes from injuries. Wear protective eyewear when playing sports, working with power tools, or doing other activities that could put your eyes at risk.

Vision Loss Prevention
Simple Steps to help prevent vision loss

▶ 10 Steps you can take right now

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seeing beyond vision loss