

Eye Care Tips

There are things you can do to help keep your eyes healthy and make sure you are seeing your best:

- **Eat a healthy, balanced diet.** Your diet should include plenty of fruits and vegetables, especially deep yellow and green leafy vegetables. Eating fish high in omega-3 fatty acids, such as salmon, tuna, and halibut can also help your eyes.
- **Maintain a healthy weight.** Being overweight or having obesity increases your risk of developing diabetes. Having diabetes puts you at higher risk of getting **diabetic retinopathy** or **glaucoma**.
- **Get regular exercise.** Exercise may help to prevent or control diabetes, high blood pressure, and high cholesterol. These diseases can lead to some eye or vision problems. So if you exercise regularly, you can lower your risk of getting these eye and vision problems.
- **Wear sunglasses.** **Sun exposure** can damage your eyes and raise your risk of **cataracts** and **age-related macular degeneration**. Protect your eyes by using sunglasses that block out 99 to 100% of both UV-A and UV-B radiation.
- **Wear protective eye wear.** To prevent **eye injuries**, you need eye protection when playing certain sports, working in jobs such as factory work and construction, and doing repairs or projects in your home.
- **Avoid smoking.** Smoking increases the risk of developing age-related eye diseases such as macular degeneration and cataracts and can damage the **optic nerve**.
- **Know your family medical history.** Some eye diseases are inherited, so it is important to find out whether anyone in your family has had them. This can help you determine if you are at higher risk of developing an eye disease.
- **Know your other risk factors.** As you get older, you are at higher risk of developing age-related eye diseases and conditions. It is important to know your risk factors because you may be able to lower your risk by changing some behaviors.
- **If you wear contacts, take steps to prevent eye infections.** Wash your hands well before you put in or take out your contact lenses. Also follow the instructions on how to properly clean them, and replace them when needed.
- **Give your eyes a rest.** If you spend a lot of time using a computer, you can forget to blink your eyes and your eyes can get tired. To reduce eyestrain, try the 20-20-20 rule: Every 20 minutes, look away about 20 feet in front of you for 20 seconds.

How to Keep Your Eyes Healthy

1. Eat Well

Good eye health starts with the food on your plate. [Nutrients](#) like omega-3 fatty acids, [lutein](#), zinc, and [vitamins](#) C and E might help ward off age-related [vision](#) problems like [macular degeneration](#) and [cataracts](#). To get them, fill your plate with:

- Green leafy vegetables like spinach, kale, and collards
- Salmon, tuna, and other oily fish
- Eggs, nuts, beans, and other nonmeat protein sources
- Oranges and other citrus fruits or juices
- Oysters and pork

A well-[balanced diet](#) also helps you stay at a [healthy weight](#). That lowers your odds of [obesity](#) and related diseases like [type 2 diabetes](#), which is the leading cause of blindness in adults.

2. Quit Smoking

[It](#) makes you more likely to get [cataracts](#), damage to your optic nerve, and [macular degeneration](#), among many other medical problems. If you've tried to [kick the habit](#) before only to start again, keep at it. The more times you try to [quit](#), the more likely you are to succeed. Ask your doctor for help.

3. Wear Sunglasses

The right pair of [shades](#) will help protect your [eyes](#) from the sun's ultraviolet (UV) rays. Too much UV exposure boosts your chances of [cataracts](#) and macular degeneration. Choose a pair that blocks 99% to 100% of UVA and UVB rays. Wraparound lenses help protect your eyes from the side. Polarized lenses reduce glare while you drive, but don't necessarily offer added protection.

4. Use Safety Eyewear

If you use hazardous or airborne materials on the job or at home, wear safety glasses or protective goggles.

Sports like ice hockey, racquetball, and lacrosse can also lead to eye injury. Wear eye protection. Helmets with protective face masks or sports goggles with polycarbonate lenses will shield your eyes.

5. Look Away From the Computer Screen

Staring at a computer or phone screen for too long can cause:

- Eyestrain
- Blurry vision
- Trouble focusing at a distance
- [Dry eyes](#)
- [Headaches](#)
- Neck, back, and [shoulder pain](#)

To protect your eyes:

- Make sure your glasses or contacts prescription is up to date and good for looking at a computer screen.
- If your eye strain won't go away, talk to your doctor about computer glasses.
- Move the screen so your eyes are level with the top of the monitor. That lets you look slightly down at the screen.
- Try to avoid glare from windows and lights. Use an anti-glare screen if needed.
- Choose a comfortable, supportive chair. Position it so that your feet are flat on the floor.
- If your eyes are dry, blink more or try using artificial tears.
- Rest your eyes every 20 minutes. Look 20 feet away for 20 seconds. Get up at least every 2 hours and take a 15-minute break.

6. Visit Your Eye Doctor Regularly

Everyone needs a regular eye exam, even young children. It helps protect your sight and lets you see your best.

[Eye exams](#) can also find diseases, like [glaucoma](#), that have no symptoms. It's important to spot them early on, when they're easier to treat.

Depending on your eye health needs, you can see one of two types of doctors:

- Ophthalmologists are medical doctors who specialize in eye care. They can provide general eye care, treat eye diseases, and perform eye surgery.
- Optometrists have had 4 years of specialized training after college. They provide general eye care and can diagnose treat most eye diseases. They don't do eye surgery.

A comprehensive [eye exam](#) might include:

- Talking about your personal and family medical history
- [Vision tests](#) to see if you're nearsighted, farsighted, have an [astigmatism](#) (a curved [cornea](#) that blurs vision), or presbyopia (age-related vision changes)
- Tests to see how well your eyes work together
- Eye pressure and optic nerve tests to check for [glaucoma](#)
- External and microscopic examination of your eyes before and after dilation

12 Ways to Take Care of Your Eyes Everyday

[Eye problems](#) can be easily prevented if you practice essential eye care habits everyday. Surprisingly, they are very practical and easy to accomplish yet they tend to be the most neglected.



Image Credit: morguefile.com

To maintain your eye health and to keep your vision sharp, here are twelve things that should be part of your daily routine.

1. Avoid rubbing your eyes.

The hands are exposed to a lot of dirt, dust and bacteria, and all of these can be easily transferred to your peepers each time you touch or rub them. So avoid putting your hands to your eyes to prevent infection and irritation. If the habit is so ingrained on you, make an effort to get rid of it as soon as possible.

2. Practice frequent hand washing.

Wash your hands regularly to keep bacteria at bay and prevent them from getting in contact with your eyes, eyeglasses, and contact lenses.

3. Protect your eyes from the sun.

Exposure to sunlight and UV rays increases your risk for [age-related macular degeneration](#) and may cause cornea sunburn or photokeratitis. So aside from making a fashion statement and adding oomph to your overall look, put on those sunglasses to protect your eyes. If wearing them is not up your alley, UV-protected eyeglasses or contact lenses will do. Putting on caps, visors and hats are also advisable.

4. Stay hydrated.

Sufficient fluid intake is essential to your body's overall wellbeing, including the eyes. If you're hydrated enough, you prevent your eyes from getting dry and irritated.

5. Don't smoke.

Smoking makes you more susceptible to age-related macular degeneration and other eye conditions such as [cataract](#). Smoking can also damage the optic nerves, which can have adverse effects on your vision overtime.

6. Keep a balanced diet.

Beta-carotene, Lutein, Omega-3, Lycopene, and Vitamins C, A, and E are essential for maintaining your eye health. Make sure that your diet is infused with [different foods](#) that are rich in those nutrients.

7. Keep proper monitor distance and room lighting.

Computer monitors should be positioned about an arm's length away from the eyes and 20 degrees below eye level. This keeps your eyes from getting strained. Likewise, make sure that you have sufficient but diffused lighting in your room. Focused and too bright lights may result to glare, and this can put too much stress on the eyes.

8. Observe the 20-20-20 rule.

If you want to keep your eyes in great shape, you should adhere to the 20-20-20 rule, which states that:

- Every 20 minutes, look away from your computer monitor and fix your gaze on an object that's 20 feet away from you.
- Blink 20 successive times to prevent eye dryness.
- Every 20 minutes, get out of your seat and take 20 steps. This is not just good for your vision, but also promotes proper posture and blood circulation throughout the body. Yes, it keeps you from being sedentary too.

9. Use the right kind of eye make-up.

If you wear make-up, choose the brands that work well for you. Steer clear of eye shadows, mascara, and eyeliners that cause an allergic reaction to your eyes. Don't forget to use a make-up remover before going to bed to avoid bacterial build-up from residual make-up left in the eye area. Likewise, clean your make-up brushes regularly, especially those that you use for eye make-up application.

10. Get enough sleep.

Just like the rest of your body, your eyes need to recharge too, and this happens while you sleep. So make sure that you get sufficient shut-eye each day to keep your eyes revitalized and healthy.

11. Wear the appropriate eye safety gear for different activities.

No matter what you do, make sure that your eyes are protected. If you're going swimming, wear goggles to avoid exposing your eyes to chlorine. Meanwhile, if you're gardening or attending to a DIY project at home, put on safety glasses to protect your eyes from dust particles, bacteria, and injuries.

12. Keep your surroundings clean.

Exposure to dirt and dust can irritate the eyes; so make sure that the places you frequent are well maintained and clean. Change your linens and towels regularly and keep your workstation clutter-free.

Overview

For centuries, people have promoted eye exercises as a “natural” cure for vision problems, including eyesight. There’s very little credible scientific evidence suggesting that eye exercises can improve vision. However, exercises can help with eyestrain and may help your eyes feel better.

If you have a common eye condition, like [myopia](#) (near-sightedness), [hyperopia](#) (far-sightedness), or [astigmatism](#), you probably won’t benefit from eye exercises. People with the most common eye diseases, including [age-related macular degeneration](#), [cataracts](#), and [glaucoma](#), will also see little benefit from eye exercises.

Eye exercises probably won’t improve your vision, but they can help with eye comfort, especially if your eyes get irritated at work.

A condition known as digital eye strain is common among people working at computers all day. This condition can cause:

- dry eyes
- eye strain
- blurred vision
- headaches

A few simple eye exercises may help you improve digital eye strain symptoms.

How to exercise your eyes

Here are a few different types of eye exercises that you can try, depending on your needs.

Focus change

This exercise works by challenging your focus. It should be done from a seated position.

- Hold your pointer finger a few inches away from your eye.
- Focus on your finger.
- Slowly move your finger away from your face, holding your focus.
- Look away for a moment, into the distance.
- Focus on your outstretched finger and slowly bring it back toward your eye.
- Look away and focus on something in the distance.

- Repeat three times.

Near and far focus

This is another focus exercise. As with the previous one, it should be done from a seated position.

- Hold your thumb about 10 inches from your face and focus on it for 15 seconds.
- Find an object roughly 10 to 20 feet away, and focus on it for 15 seconds.
- Return your focus to your thumb.
- Repeat five times.

Figure eight

This exercise should be done from a seated position as well.

- Pick a point on the floor about 10 feet in front of you and focus on it.
- Trace an imaginary figure eight with your eyes.
- Keep tracing for 30 seconds, then switch directions.

20-20-20 rule

[Eye strain](#) is a real problem for a lot of people. Human eyes are not supposed to be glued to a single object for extended periods of time. If you work at a computer all day, the [20-20-20 rule](#) may help prevent digital eye strain. To implement this rule, every 20 minutes, look at something 20 feet away for 20 seconds.

What is vision therapy?

Some doctors specialize in a field of treatment called vision therapy. Vision therapy may include eye exercises, but only as part of a more specialized treatment program done under the supervision of an eye doctor, optometrist, or ophthalmologist.

The goal of vision therapy can be to strengthen the eye muscles. It also can help to retrain poor visual behavior, or help with eye tracking issues.

Conditions that may be treated with vision therapy, often affecting children and sometimes adults, include:

- convergence insufficiency (CI)
- [strabismus](#) (cross-eye or walleye)
- [amblyopia](#) (lazy eye)
- [dyslexia](#)

Tips for eye health

There are many things you can do in addition to eye exercise to keep your eyes healthy.

- Get a comprehensive dilated eye exam every few years. Get an exam even if you haven't noticed problems. Many people don't even realize they could see better with corrective lenses. And many serious eye diseases don't have noticeable symptoms.
- Know your family history. Many eye diseases are genetic.

- Know your risk. If you're at increased risk for eye problems because you have [diabetes](#) or a family history of eye disease, see your eye doctor every six months to a year
- Wear sunglasses. Protect your eyes from damaging UV rays with polarized sunglasses that block out both UVA and UVB light.
- Eat healthy. A diet full of healthy fats and antioxidants may help keep eyes healthy. And, yes, eat those carrots! They are a great source of [vitamin A](#), which is an important nutrient for eye health.
- If you need glasses or contact lenses, wear them. Wearing corrective lenses will not weaken your eyes.
- Quit smoking or never start. Smoking is bad for your whole body, including your eyes.

Takeaway

There's no science to back up the claim that eye exercises improve people's vision. It's possible that eye exercises won't help you, but they can't hurt either. It's also important to have your eyes checked regularly by an eye doctor. They can often detect and treat problems before noticeable symptoms begin.

Can eye exercises help improve vision?

There is currently little [reliable evidence](#)

[Trusted Source](#)

to suggest that eye exercises really work to improve the eyes and vision.

[One study](#)

[Trusted Source](#)

found that eye exercises can help with convergence problems. Another [study](#)

[Trusted Source](#)

suggested that eye exercises improved visual field deficits and stereoscopic skills following brain injury.

In one [2013 study](#)

[Trusted Source](#)

, participants who completed eye exercises were more accurate in a rapid serial visual presentation exercise than the control group. These results suggest that eye exercises may enhance cognitive performance in tasks that involve attention and memory.

The [pencil pushups](#)

[Trusted Source](#)

exercise appears to be an effective therapy for symptomatic convergence insufficiency.

Aside from these few cases, researchers have not proven that eye exercises are an effective treatment for other types of visual or intellectual conditions.

However, certain foods may benefit eye health.

Here are 7 eye exercises that you can do at home on a daily basis:

1. Flexing

Flexing is an eye exercise that stretches and strengthens the ocular muscles in the eye.

How to perform the flexing exercise:

- Face forward and look straight ahead.
- Look up without moving your head and then look down. Do this 10 times.
- Next look at the right without moving your head and then to the left again without moving your head. Do this 10 times.

2. Blinking

If you are a VDU user, blinking is a great form of exercise for the eyes to reduce eye strain. We often forget to blink when we are staring at computer screens. The benefits of blinking are it allows us to keep the

eyes refreshed and maintain focus for longer. All you have to do is face forward, blink every 5 seconds for the next two minute duration.

3. Focusing Near and Far

Focusing is another great exercise for the eye muscles.

How to perform focusing:

- This exercise can be done standing or sitting.
- Put your thumb in front of your face at about 10 inch distance and focus on it.
- Now focus on something else that is in your surrounding 10 – 20 feet away.
- Switch between near and far focusing repeatedly over a period of 2-3 minutes.

4. Palming

Palming is a good yoga technique used to soothe the eyes. Again this a good eye exercise if you use computers often. This is an exercise to relieve stress around the eyes.

How to perform palming:

- Sit on a chair and close your eyes.
- Place your two hands over your eyes. The palm of your hands should cover the eyes, the fingers on the forehead and the base of the palm resting on the cheekbone.
- Do not put too much pressure on the eyes, ensure that your eyes can blink freely.
- Do this exercise over a period of 2 minutes.

5. Zooming

Zooming is a great eye exercise for focusing and strengthening eye muscles.

How to perform zooming:

- Sit in a comfortable position, stretch out your arm whilst raising your thumb in the hitchhikers position.
- Focus on the thumb and now draw it in until the thumb is three inches away from the face. Keep your focus on the thumb.
- Then slowly move the thumb and forearm back to the starting position.
- Do this exercise several times over a 2 minute duration.

6. Figure of Eight

This is a great exercise for the flexibility of the eye muscles. It is simple to perform. Staring at a blank wall, imagine a large figure 8 tilted on its side 10 feet away from you. Now trace this path of the figure 8 with your eyes without moving your head. Do this one way for a minute and then the reverse way for a minute.

7. Rest

Last but not least always remember to give your eyes adequate rest by ensuring you get eight hours sleep. If you are using computers, try to rest your eyes for 10 mins away from the screen for every 50 mins work.

What Should I Focus On for Eye-Healthy Eating?

Orange-colored vegetables and fruits with vitamin A

Perhaps the best-known eye-healthy nutrient is [vitamin A](#). Your [retina](#) needs plenty of vitamin A to help turn light rays into the images we see. Also, without enough vitamin A, your eyes can't stay moist enough to prevent [dry eye](#).

Carrots are a well-known source of vitamin A. **Sweet potatoes** provide even more vitamin A, Dr. Taylor said. "A sweet potato has more than 200% of the daily dose of vitamin A doctors recommend." Fruits, including **cantaloupe** and **apricots**, can be a good source of vitamin A.

Fruits and veggies rich in Vitamin C

Vitamin C is critical to eye health. As an antioxidant, vitamin C helps protect the body from damage caused by some things we eat, unhealthy habits and environmental factors. Fried foods, tobacco smoke and the sun's rays can produce free radicals--molecules that can damage and kill cells. Vitamin C helps repair and grow new tissue cells.

[Good sources of vitamin C](#) include citrus fruits, such as **oranges**, **tangerines**, **grapefruit** and **lemons**. Lots of other foods offer vitamin C, including **peaches**, **red bell peppers**, **tomatoes** and **strawberries**. Antioxidants can prevent or at least delay [age-related macular degeneration \(AMD\)](#) and [cataracts](#), according to the [Age-Related Eye Diseases Study](#) (AREDS).

Vitamin E

Another important antioxidant is vitamin E, which helps keep cells healthy. Vitamin E can be found in **avocados**, **almonds** and **sunflower seeds**.

Cold-water fish with omega-3 fatty acids

Diets rich in omega-3 fatty acids from cold-water fish may help reduce the risk of developing eye disease later in life, [research suggests](#). These fish include **salmon**, **tuna**, **sardines**, **halibut** and **trout**. "Omega-3's are good for tear function, so eating fish may help people with dry eye," Dr. Taylor said.

Leafy green vegetables rich in lutein and zeaxanthin

[Lutein and zeaxanthin](#) are antioxidants found in the pigments of leafy green vegetables and other brightly colored foods. They are key to protecting the [macula](#), the area of the eye that gives us our central, most detailed vision. **Kale** and **spinach** have plenty of these nutrients. Other foods with useful amounts of lutein and zeaxanthin include **romaine lettuce**, **collards**, **turnip greens**, **broccoli** and **peas**. And while not leafy and green, **eggs** also are a good source of these nutrients.

Beans and zinc

The mineral zinc helps keep the retina healthy and may protect your eyes from the [damaging effects of light](#). However, zinc can lower the amount of copper in your body, which we need to help form red blood cells. Fortunately, you can increase both at once with all

kinds of beans (legumes), including **black-eyed peas, kidney beans** and **lima beans**. Other foods high in zinc include **oysters, lean red meat, poultry** and **fortified cereals**.

Should I Get Eye-Healthy Nutrients Through Vitamin Supplements?

Eating the right food is the best way to get eye-healthy nutrients, Dr. Taylor said. "In general, most Americans can and should get enough nutrients through their diet without needing to take supplements."

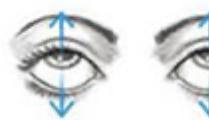
People who have macular degeneration are an exception. "In this case, taking supplements is recommended by the [Age Related Eye Disease Study 2](#), a follow-up to the AREDS (Age-Related Eye Disease) Study. Talk with your ophthalmologist if you or a family member has AMD," Dr. Taylor said.

No matter your age, it's not too late to [start eating healthy](#), she said. "So many of my patients focus on a healthy diet only after they've been diagnosed with a serious health problem. Start eating well now to benefit your vision and your health for the rest of your life."

USEFUL LINKS

1. <https://www.stylecraze.com/articles/eye-care-tips/>
2. <https://www.healthline.com/health/eye-health/eye-exercises#eye-heal th-tips>
3. <https://play.google.com/store/apps/details?id=com.divinememorygames.eyebooster>

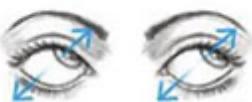
USEFUL PHOTOGRAPHS:



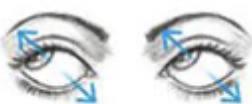
Look up, hold 5 seconds,
relax your eyes.
Look down, hold 5 seconds,
relax your eyes.
Repeat 5 times.
Blink your eyes a few
seconds.



Look left, hold 5 seconds,
relax your eyes.
Look right, hold 5 seconds,
relax your eyes.
Repeat 5 times.
Blink your eyes.



Look up left, hold 5 seconds,
relax your eyes.
Look down right, hold 5
seconds, relax your eyes.
Repeat 5 times.
Blink your eyes.



Look up right, hold 5
seconds, relax your eyes.
Look down left, hold 5
seconds, relax your eyes.
Repeat 5 times.
Blink your eyes.



Rotate eyeballs 10 circles to
left.
Blink your eyes.



Rotate eyeballs 10 circles to
right
Blink your eyes.



Cross your eyes by looking at
the tip of your nose.
Look up at your eyebrows and
then back to the tip the
nose. Relax your eyes.
Repeat 5 times.
Blink your eyes.



Close your eyes as tightly as
you can.
Hold 5 seconds, then relax.



Open your eyes wide open.
Hold 5 seconds, then relax.
Repeat 10 times.
Blink your eyes.

1 Wild Salmon



2 Carrots



3 Eggs



4 Spinach and Kale



Best Foods for Eye Health

6 Sweet Potatoes



7 Oranges



8 Oysters

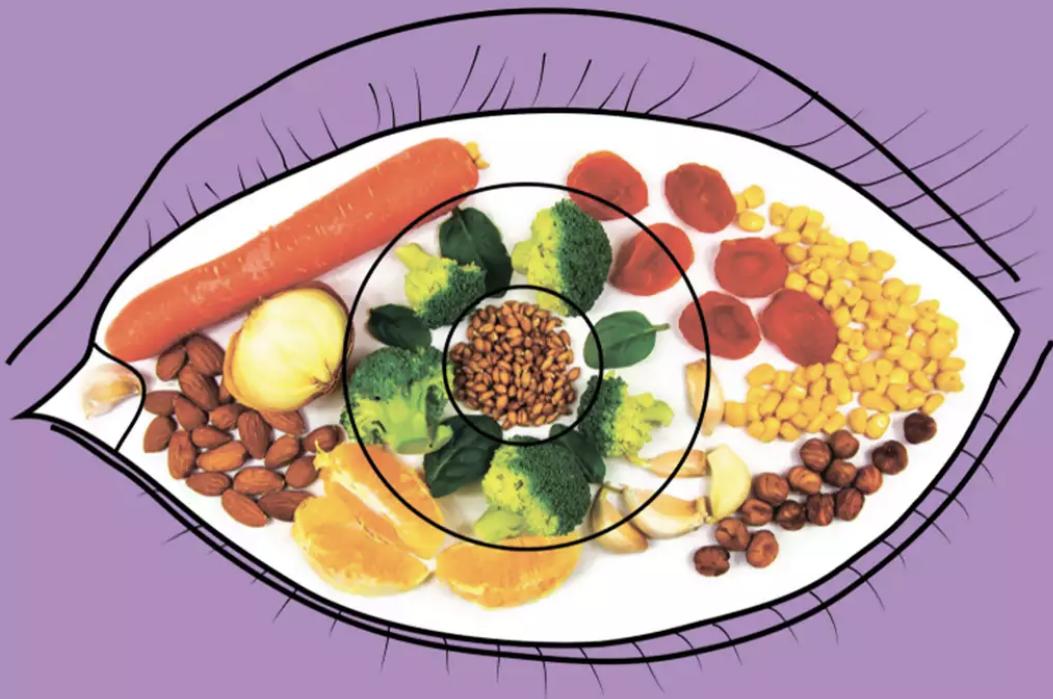


9 Wheat Germ



5 Bell Peppers, Broccoli and Brussels Sprouts





Eye Health

SELECTED FOOD SOURCES OF EYE NUTRIENTS

| Beta-carotene | Lutein and zeaxanthin | Vitamin C | Vitamin D | Vitamin E | Zinc | Fiber | Omega-3 |
|---|---|---|---|---|--|---|---|
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |

Activia
Go to S

FOODS FOR HEALTHY VISION



SPINACH

Rich in antioxidants lutein & zeaxanthin which help eyes detect contrast better



CARROTS

High in beta-carotene, a form of vitamin A that helps night vision



ALMONDS

Contain vitamin E which prevents age related macular degeneration, as well as cataracts



ORANGES

Packed with vitamin C which contributes to healthy blood vessels in the eyes



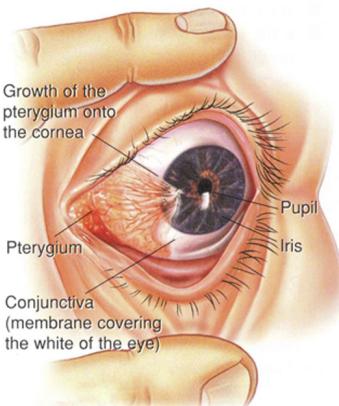
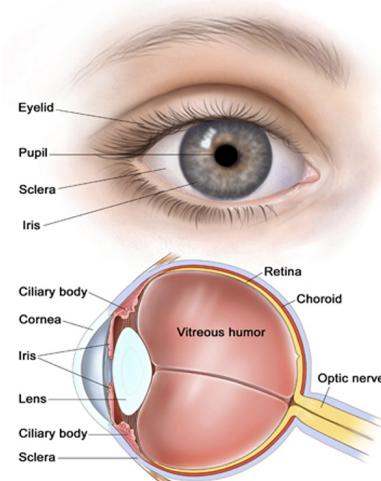
CHICKPEAS

Contain zinc which helps liver release and drive vitamin A to retina to produce melanin



BELL PEPPERS

Rich in vitamin C which helps prevent cataracts and promote healthy blood vessels.



A pterygium may grow large enough to obstruct vision.

 Devansh Eye Clinic

EYE CARE REMAINS IMPORTANT DURING THE COVID-19 PANDEMIC 7 REASONS TO **URGENTLY** CONTACT YOUR EYE DOCTOR



Eye injuries

Eye pain



New floaters or flashes

Red eye



Sudden change in vision



Blank or wavy spots in your vision



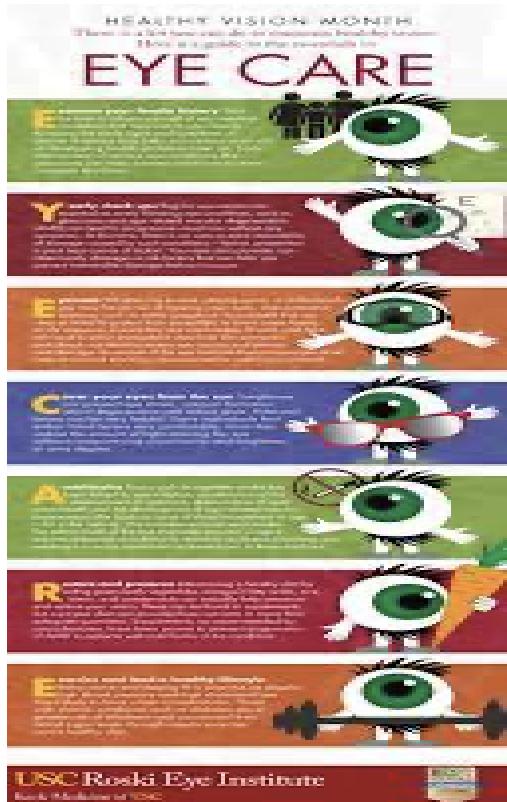
Refills for prescription eye drops

YOUR VISION IS IMPORTANT, AND YOU CAN CONTINUE TO SAFELY RECEIVE CARE

 **CORE** Centre for Ocular Research & Education

UNIVERSITY OF WATERLOO | SCHOOL OF OPTOMETRY & VISION SCIENCE

Learn more:
COVIDEyeFacts.org





HOW TO MAINTAIN GOOD EYE HEALTH



Eat for Good Vision

Nutrients such as omega-3 fatty acids, lutein, zinc, and vitamins C and E

Quit Smoking

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

Wear Sunglasses

The right kind of sunglasses will help protect your eyes from the sun's ultraviolet (UV) rays.

Use Safety Eyewear

If you work with hazardous or airborne materials on the job or at home, wear safety glasses or protective goggles every time.

Look Away From the Computer Screen

Staring at a computer screen for too long can be very harmful for your eyes.

Visit Your Eye Doctor Regularly

It helps you protect your sight and see your best.

Tips For Optimal Eye Health

Shades are Helpful

A right pair of shades can help you stay away from cataracts, macular degeneration and pinguecula by blocking out sun's harmful UV (ultraviolet) rays. A good pair of UV protection sunglasses can block 99 - 100% of harmful UV rays. UV protection contact lenses are also available.

Protective Eyewear is a Must

Safety glasses are highly recommended if you are exposed to some sort of hazardous airborne materials at job or even at home. Also, resort to protective glasses if you are into sports like ice hockey, lacrosse or squash/acquetball.

Healthy Diet Healthy Eyesight

Vegetables: Leafy green veggies like kale, collard greens, and spinach. Fish: Fatty fish like salmon, tuna, sardines and mackerel. Fruits: Citrus fruits like lemons, grapefruits and oranges. Nonmeat protein sources: Eggs, nuts and beans.

Avoid Excessive Screen Exposure

Avoid Excessive Exposure to Computer Screens
Excessive exposure to computer/mobile screens can lead to eyestrain, dry eyes, blurry vision, etc. Avoid these by:
- Adjusting your glasses or contacts prescription for screen exposure
- Blinking more if your eyes dry up

Incorporate Blinking Breaks

Don't only blame computers and phone screens for eye strain. Books and written documents can also strain your eyes when looked upon for extended periods. So, make sure to get your head up, look away from the docs and just blink your eyes for a few seconds to relieve the strain.

Consult Eye Doctor Regularly

Experts recommend having a comprehensive eye exam at least once every two years. It can help you with:
- Vision tests to determine far-sightedness, near-sightedness, presbyopia (changes in vision due to aging process), astigmatism (blurred vision caused by a curved cornea)

Be Vigilant About Eye Problems - Look for Red Flags

Be vigilant about your eyesight and keep looking for any changes in your vision. Some red flags to look for include:
- Eye pain
- Problem seeing in low light conditions
- Red eyes for prolong time periods
- Constant eye pain and swelling
- Floaters and frequent flashes of light

Quit Smoking

Research suggests that the likelihood of smokers getting affected from cataracts, macular degeneration and uveitis (in addition to various other health issues) increases twice to thrice.

Consider Your Family Health History

Of all other factors, you might also be simply unlucky to get eye diseases, although because many eye diseases cluster in families. For instance, a family history of high blood pressure or diabetes means increased risk of suffering from eye diseases. Consider your family's eye diseases' history seriously and discuss it with your eye doctor in order to avoid becoming another unsuspecting victim.

Avoid Rubbing Your Eyes

You need to realize that most of the times your hands are covered with a lot of germs responsible for different types of diseases and infections. So, it's better if you get rid of the unhealthy habit of eye rubbing, but if you do, make sure that your hands are as clean as possible. You can use anything from soaps to sanitizers for this purpose.

Use Quality Eye Makeup Ingredients

Harmful bacteria can thrive in a lot of unlikely places, including the mascaras you wear and the tips of liner pencils you use to beautify your eyes with. Don't stick with the same tube for more than two months and don't forget to sharpen those tips of your favorite liner pencils. Always prefer quality brands when buying eye makeup to sustain and enjoy healthy eyes as long as possible.

Be Careful About Your Contacts

A study conducted by the University of Texas Southwestern Medical Center, Dallas revealed that about 85% users of contact lenses wrongly believe that they are careful enough to use them, but only 10% of them actually fulfilled the requisites. So, follow the prescription guidelines thoroughly when handling your contacts.

Fresh Air

Fresh air directly supplies oxygen to the corneas in your eyes, because they lack their own blood supply and oxygen delivery mechanism. So, make sure to let your eyes soak in as much of fresh air as possible.

Your Health Insurance Can Also Help

Contrary to popular belief, you can get your eye screened even with regular health insurance. If you have a family history of an increased risk factor for diseases like glaucoma. There are also not-for-profit organizations as well, which provide eye exams and other sorts of eye care facilities to those who qualify.

Avoid Dry Air

Closing up your home through winter might also be an unlikely culprit if dry eyes have been bugging you of late. A humidifier can be of great assistance in such scenarios, adding some much needed moisture to help your eyes stay hydrated.

Stay Hydrated

Talking of dry eyes, dehydration can also lead to it. Human body relies heavily on water to function smoothly. If you are not conscious about fluid levels in your body, eye production in your eyes is also affected amongst a myriad of other complications, which results in dry eyes. Simply, stay hydrated to keep your eyes out of trouble.

Sharing Your Towel is Not a Good Idea

Being generous is one thing and sharing your towel is a totally different one. It's more like choosing between the two, because sharing face towels and washers means getting your eyes vulnerable to contagious eye infections like conjunctivitis (or pinkeye).

Sleep Well

Your eyes can also get into trouble if you are not getting enough of it. Skipping sleep regularly. Adequate sleep ensures that your eyes are well rested and strain free.

Avoid Excessive Coffee Consumption

Start replacing coffee with green tea. In addition to fulfilling your body's fluid requirements, green tea is known to be a great source of catechins, which along with other antioxidants (like C, E, zeaxanthin, lutein) help eyes fight against various eye problems including cataracts and AMD.

The Sooner the Better

Timing is of undeniably significance when it comes to treating most serious eye conditions like AMD and glaucoma. The sooner they get diagnosed, the higher the probability of fighting them successfully. So, start consulting your eye doctor regularly before it's too late.