Personal Details

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Result: No hypertension
Prediction percentage: 99.99392999999999

Tips for Healthy Eyes

Taking care of your eyes is essential for maintaining good vision and overall eye health. Here are some tips to keep your eyes healthy:

1. Get regular eye exams:

Schedule regular eye exams with an optometrist or ophthalmologist to detect any vision problems or eye diseases at an early stage.

2. Protect your eyes from the sun:

Wear sunglasses with UV protection when you are exposed to the sun, and use wide-brimmed hats or caps to shield your eyes from direct sunlight.

3. Take regular breaks from screen time:

If you spend long hours working on a computer or using digital devices, take frequent breaks to rest your eyes and reduce eye strain. Follow the 20-20-20 rule: every 20 minutes, look away at something 20 feet away for 20 seconds.

4. Eat a healthy diet:

Include foods rich in vitamins A, C, and E, as well as omega-3 fatty acids, in your diet. Leafy greens, citrus fruits, fish, and nuts are examples of foods that promote eye health.

5. Practice good hygiene:

Wash your hands before touching your eyes or applying any eye products. Avoid rubbing your

eyes, as it can cause irritation and spread germs.

6. Maintain a healthy lifestyle:

Get regular exercise, maintain a healthy weight, avoid smoking, and manage chronic conditions like diabetes, which can affect eye health.

By following these tips, you can help keep your eyes healthy and reduce the risk of eye-related problems.