



APRIL 2023

HEALTHUPDATE

Healthy Eyes Can Lead to a Healthier You

KEEP AN EYE ON VISION HEALTH

Your eyes can provide a look into your overall health. Maintain good eye health to catch diseases early and improve your long-term wellbeing.



COMPLETE AN ANNUAL EYE EXAM

Your eye doctor can detect certain diseases early, such as diabetes, high blood pressure, and even cancer at your annual eye exam. Many common eye diseases, such as glaucoma and age-related macular degeneration, often have no symptoms in their earliest stages. However, your doctor can catch these issues during an annual eye exam when they are more treatable.



GIVE YOUR EYES A BREAK FROM THE SCREEN

Eyestrain and dry eye have become more common in an increasingly screen-based world. Practice the 20-20-20 rule: take a break every 20 minutes and focus on something 20 feet away for 20 seconds to reduce eyestrain. At night, remember to lower the brightness on your phone, enable night mode, or limit reading on a backlit device to reduce dry eyes.



SUPPORT EYE HEALTH WITH NUTRITION

Keep your eyes hydrated and nourished with leafy greens and water-rich fruits. Hydrated eyes help to avoid eyestrain, blurred vision, and headaches. Choose dark leafy greens, such as spinach, kale, or collard greens, and fruits such as red berries, tomatoes, grapefruit, and oranges for a water and antioxidant boost.