DavisVision™



Four tips for healthy vision

As people age, many take steps to improve their overall health by exercising or eating healthier foods, but eye health is often overlooked. Eye care professionals and ophthalmologists recommend the following tips to keep your vision healthy.



Get an annual eye exam

Your ophthalmologist will check for common age-related eye conditions such as glaucoma and macular degeneration, and an eye exam may detect signs of other serious health conditions.



Look at your family history

Eye disorders are sometimes passed on genetically so be sure to clarify with your doctor on any known family history regarding eye disease.



Don't smoke

Smoking increases your chances of developing eye diseases such as age-related macular degeneration and cataracts. It can also affect the risks of cardiovascular disease which indirectly can affect you overall eye health.



Eat healthy

Certain foods have been shown to be healthy for your eyes by providing them the vitamins and minerals needed for both general and eye health. Some of these foods include salmon, tuna, vegetable oils, citrus fruits and kale.

Want more tips on maintaining healthy vision?

Visit **library.davisvision.com** for articles covering all things eye health and wellness.

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