



Committed to your health and our community Save Your Vision Awareness Month

Save Your Vision Month is observed every March and sponsored by the American Optometric Association. Save Your Vision Month aims to increase awareness about good eye care and encourages people to get regular eye exams. With computers becoming an everyday part of people’s lives, the risk of eye strain and damage is higher than ever.

Save Your Vision Month reminds us not to take eye care for granted. From work to entertainment, eyes are a large part of our everyday life. It is important to note that just like visiting the dentist regularly, regular eye checks are also important.

Top 10 Tips to Save Your Vision

More than 20 million Americans suffer from severe vision loss.

While not all eye diseases can be prevented, there are simple steps that everyone can take to help their eyes remain healthy now and reduce their chances of vision loss in the future.

Here are the top 10 tips from the Academy to safeguard your vision:

1. Wear sunglasses



UV blocking [sunglasses](#) delay the development of cataracts, since direct sunlight hastens their formation. Sunglasses prevent retinal damage; they also protect the delicate eyelid skin to prevent both wrinkles and skin cancer around the eye, and both cancerous and non-cancerous growths on the eye. Check for 100



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Irish Concert
 Hosted by 'Rattlin' Bog
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**Virgil Clarkson**  
**Lacey Senior Center**  
 FRIDAY, MARCH 6, 2020  
 6:30 PM

Enjoy some beautiful Irish Ballads, some rowdy Irish Drinking Songs and some hilarious bawdy ditties.

FREE CONCERT SUPPORTING THE BRIGHTER DAYS ADULT DAY PROGRAM  
 Donations will be accepted

In 2020, the **spring equinox** (also called the March equinox or vernal equinox) falls on Thursday, March 19, which is earlier than it’s been in over a century! This event marks the astronomical **first day of spring** in the Northern Hemisphere.



percent UV protection: Make sure your sunglasses block 100 percent of UV-A rays and UV-B rays.

## 2. Don't smoke



Tobacco [smoking](#) is directly linked to many adverse health effects, including [age-related macular degeneration \(AMD\)](#). Studies show that current smokers and ex-smokers are more likely to develop AMD than people who have never smoked. Smokers are also at increased risk for developing cataracts.

## 3. Eat right



Vitamin deficiency can impair retinal function. The belief that eating carrots improves vision has some truth, but a variety of vegetables, especially leafy green ones, should be an important part of your [diet](#). Researchers have found people on diets with higher levels of vitamins C and E, zinc, lutein, zeaxanthin, omega-3 fatty acids DHA and EPA are less

likely to develop early and advanced AMD.

## 4. Baseline eye exam



Adults with no signs or risk factors for eye disease should get a [baseline eye disease screening at age 40](#) — the time when early signs of disease and changes in vision may start to occur. Based on the results of the initial screening, an [ophthalmologist](#) will prescribe the necessary intervals for follow-up exams. Anyone with symptoms or a family history of eye disease, [diabetes](#) or high blood pressure should see an ophthalmologist to determine how frequently your eyes should be examined.

## 5. Eye protection



An estimated 2.5 million eye injuries occur in the U.S. each year, so it is critical to wear [proper eye protection](#) to [prevent eye injuries](#) during sports such as

hockey and baseball and home projects such as home repairs, gardening, and cleaning. For most repair projects and activities around the home, standard ANSI-approved protective eyewear will be sufficient. Sports eye protection should meet the specific requirements of that sport; these requirements are usually established and certified by the sport's governing body and/or the American Society for Testing and Materials (ASTM).

## 6. Know your family history



Many eye diseases cluster in families, so you should know your family's history of eye disease because you may be at increased risk. Age-related eye diseases, including [cataracts](#), [diabetic retinopathy](#), [glaucoma](#) and [age-related macular degeneration](#) are expected to dramatically increase — from 28 million today to 43 million by the year 2020.

## 7. Early intervention



Most serious eye conditions, such as glaucoma and AMD, are more easily and successfully treated if diagnosed and treated early. Left untreated, these diseases can cause serious vision loss and blindness. Early intervention now will prevent vision loss later.

## 8. Know your eye care provider



When you go to get your eyes checked, there are a variety of eye care providers you might see.

Ophthalmologists, optometrists and opticians all play an important role in providing eye care services to consumers. However, each has a different level of training and expertise. Make sure you are seeing the right provider for your condition or treatment. [Ophthalmologists are specially trained to provide the](#)

[full spectrum of eye care](#), from prescribing glasses and contact lenses to complex and delicate eye surgery.

## 9. Contact lens care



Follow your ophthalmologist's instructions regarding the [care and use of contact lenses](#). Abuse, such as sleeping in contacts that are not approved for overnight wear, using saliva or water as a wetting solution, using expired solutions, and using disposable contact lenses beyond their wear can result in corneal ulcers, severe pain and even vision loss.

## 10. Be aware of eye fatigue



If you have [eye strain from working at a computer](#) or doing close work, you can follow the 20-20-20 rule: Look up from your work every 20 minutes at an object 20 feet away for twenty

seconds. If eye fatigue persists, it can be a sign of several different conditions, such as dry eye, presbyopia, or spectacles with lenses that are not properly centered. See an ophthalmologist to determine why you are having eye fatigue and to receive proper treatment. If you don't already have an ophthalmologist, [Find an ophthalmologist](#) in your area.

Consumers can submit questions about eye health to an ophthalmologist at [Ask an ophthalmologist](#)



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*May your troubles be less  
and your blessings be more  
And nothing but happiness  
come through your door*