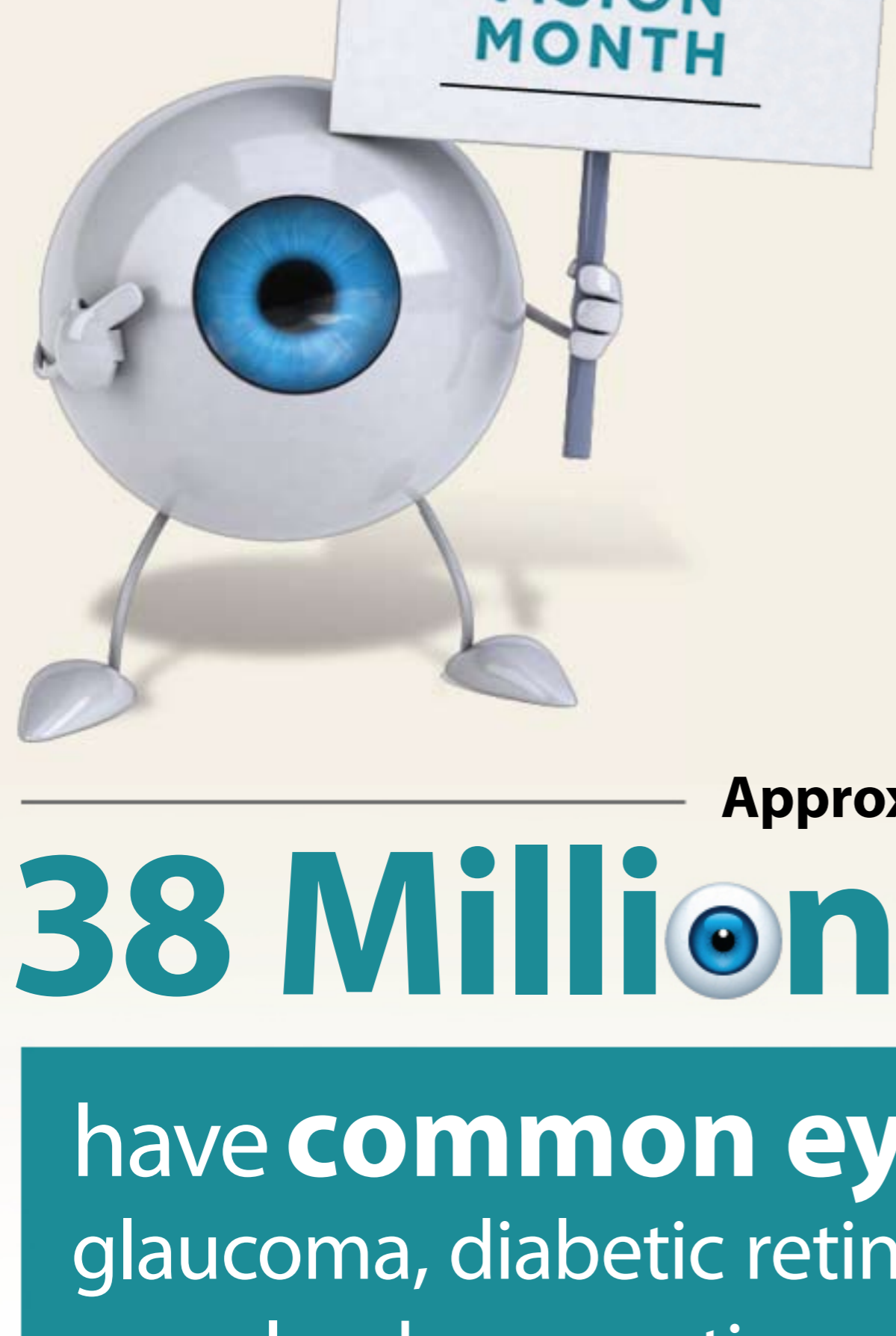


# EYE HEALTH

## & PROTECTING YOUR VISION



**May is Healthy Vision Month,** an observance coordinated by the **National Eye Institute (NEI),** part of the **National Institutes of Health,** to encourage Americans to take care of their eyes and protect their vision.

Approximately **38 Million** Americans

have **common eye diseases** such as glaucoma, diabetic retinopathy, age-related macular degeneration, and cataracts.

That's nearly **1 out of 8** Americans



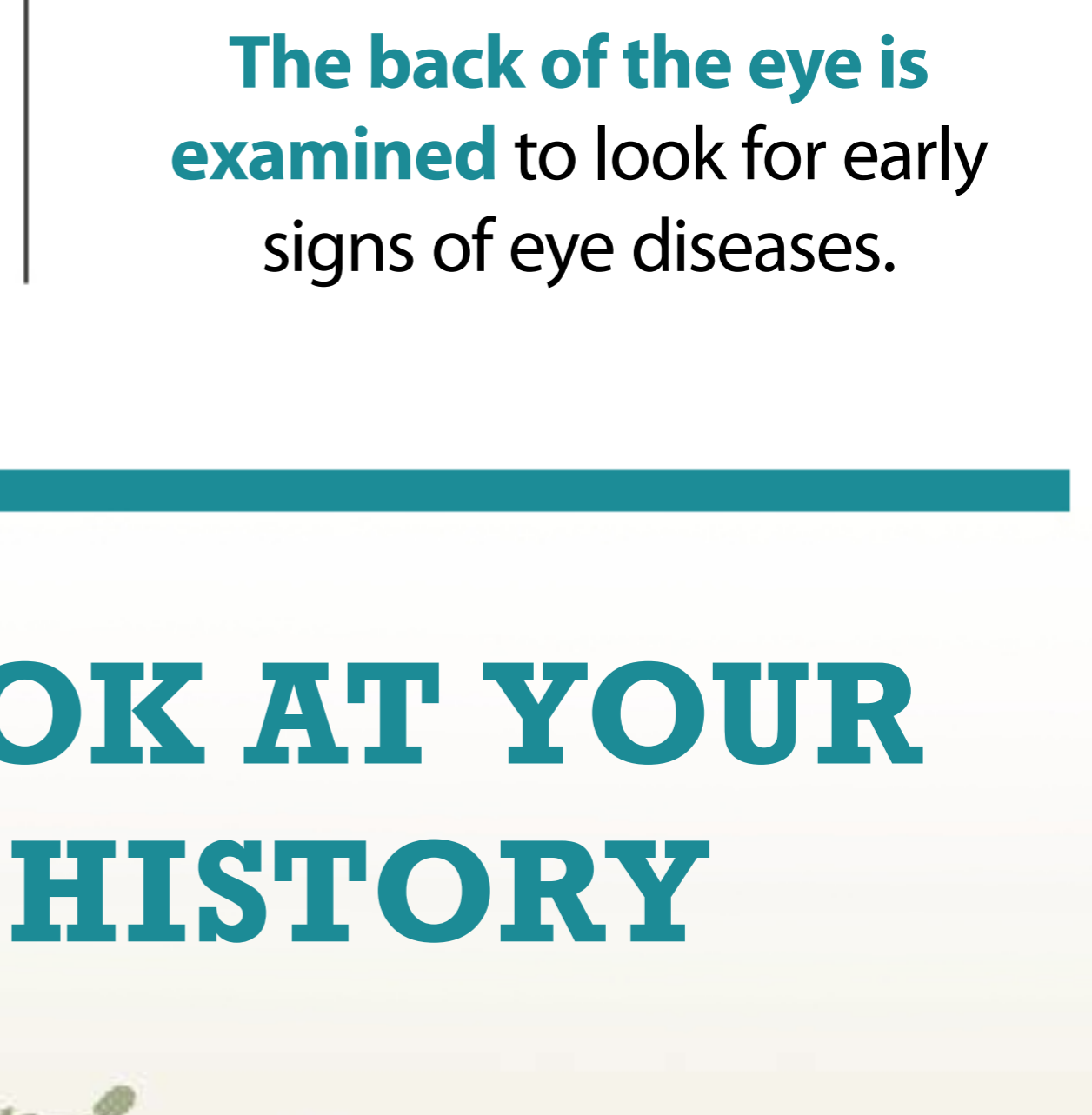
That number is expected to rise to **56 million by the year 2030,** making it **more important than ever** for Americans to get the **vision care they need.**

## HOW TO MAKE YOUR VISION LAST A LIFETIME

### GET A DILATED EYE EXAM

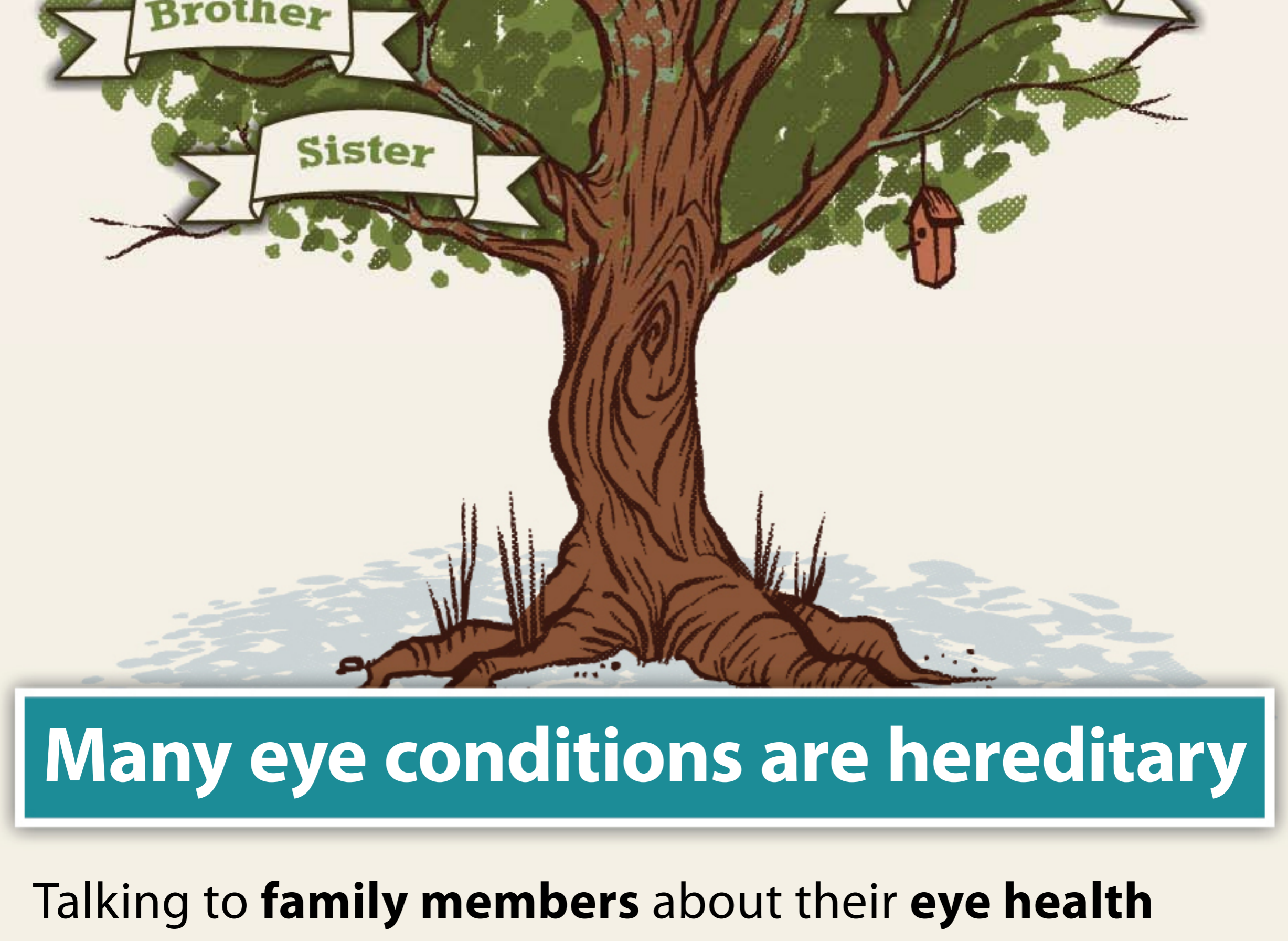


During this procedure, drops are placed in the eyes to widen, or **dilate the pupils.**



**The back of the eye is examined** to look for early signs of eye diseases.

### TAKE A LOOK AT YOUR FAMILY HISTORY



**Many eye conditions are hereditary**

Talking to **family members** about their **eye health history** can help determine if there is a higher risk for developing an eye disease.

### USE PROTECTIVE EYEWEAR



Wearing approved **safety glasses** and **goggles, safety shields** and **eye guards** can help prevent eye injury.



**Sunglasses** are important for eye care, especially those that block 99 to 100 percent of UV-A and UV-B radiation.

### EAT HEALTHY FOODS & MAINTAIN A HEALTHY WEIGHT



**Dark leafy greens,** such as **spinach,** and **fish** high in **omega-3 fatty acids,** such as **salmon,** can help people protect their vision.

SMOKING MAY CAUSE SOME EYE DISEASES

# Quit Smoking OR NEVER START

**WARNING: Smoking causes vision loss and blindness.** Research has linked smoking to an increased risk of developing age-related macular degeneration, cataracts, and optic nerve damage. Smoking is as bad for the eyes as it is for the rest of the body.

These are just a few steps to get Americans on the path to better vision.

To learn more about keeping eyes healthy, visit <http://www.nei.nih.gov/healthyeyes>.

To learn more about Healthy Vision Month and to access resources for sharing with family and friends, such as prewritten Facebook posts and tweets, visit <http://www.nei.nih.gov/hvm>