



Your guide to Healthy Eyes!

Here are the **CHEC top tips** to maintain the health of your eyes and ensure you know how to keep them as healthy as possible:



Have you noticed a change in your vision?

- If you do notice something book an appointment with your Optometrist as soon as possible – early detection can mean treating degenerative eye conditions like cataract, glaucoma and wet AMD are more successful and will help maintain your quality of life.



Do you wear your sunglasses year-round?

– Investing in a good pair of sunglasses that meet EU standards and filter out both UVA and UVB rays, is a worthwhile purchase. Yes, they help during the summer months to protect you from the higher than normal UV rays, but also during the winter. Winter sun is strong and reflects off snow and water and can potentially cause as much damage as the summer months. Wear your shades!



Do you maintain your general health?

– Be as healthy as you can, eat a healthy diet and try to keep your weight within recommended guidelines. Good food and drink are a great way of keeping you and your eyes healthy. Try and eat as much green salad, leafy vegetables and oily fish contain some excellent nutrients, which can help ward off age-related eye problems. Drink plenty of water!



Are you aware how to improve your home environment

– In the winter when the central heating goes on, invest in a humidifier. When you must have the central heating on regularly, this can have a negative effect on your eye health. Your eyes can often become dry and uncomfortable. This increases the moisture in the air and will help with dry eyes. When using your laptop, mobile, PC or tablet. Take regular breaks every 20 minutes, look at an object 20 metres away for 20 seconds to help avoid eye strain.



Cleanliness and Hygiene

- Don't forget to wash your hands, especially before applying eye make-up. This helps to prevent any germs from entering your eyes. Don't share eye make up with others.



Please visit your local Optometrist at least every two years for an eye examination

– this is the best way to maintain your eye health and condition and to make sure your glasses are the best prescription to suit you and your lifestyle. Eye tests are also a great way of making sure any eye or general health conditions are also detected as early as possible and can also detect systemic issues like diabetes and hypertension.



Do have a good lifestyle?

– If you are a smoker or regularly drink more than the recommended units of alcohol, studies have shown you're more likely to develop eye disease.



Have you made your Optometrist aware of your family history?

– Lots of conditions are caused by hereditary factors and can be a part of conditions like Glaucoma and age-related macular degeneration, it's worth knowing about your family history to tell your optician.