

## Tips for healthy eyes

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THE kinds of foods you consume do play a vital role in your eyes health.



By consuming nutrient-rich foods, you are boosting and protecting the long-term health of your vision. According to the website [specialtyeyeinstitute.com](http://specialtyeyeinstitute.com), maintaining healthy vision is more than getting a regular vision screening.

“Your overall health can impact your eye health,” reported the website.

### Eat the right foods

Fill your plate with foods high in omega-3 fatty acids and vitamins C and E. These nutrients may help lower your chance of developing macular degeneration or cataracts. If you are looking for ways to indirectly maintain your eyesight, eat a healthy portion of green veggies, salmon, eggs, and citrus fruits. A healthy diet also decreases your chance of diabetes, which is one of the leading causes of blindness.

### Use protective eyewear

Whether you're on the job, working on a home improvement project, or playing hockey with the neighbourhood, always wear protective eyewear or safety glasses to avoid the risk of anything making contact with your eyes.

### Always wear sunglasses

Don't just use the free pair of shades you picked up at a concert. The best way to keep your eyes healthy is to invest in a decent pair of sunglasses that will protect your eyes from the sun's UV rays. Too much UV exposure increases your chances of cataracts. When shopping for your next pair of sunglasses, look for 99-100 per cent UVA and UVB protection.

### Throw away old makeup

Did you know bacteria grows fast in liquid makeup? Replace your products every three months to avoid developing an eye infection. Never share cosmetics with others and avoid the store samples.

Always clean your face before and after using makeup.

Take frequent screen breaks When you stare at a computer, tablet or phone screen too long, you may experience eyestrain, dry eyes, neck and shoulder pain, and headaches. To avoid these things you should:

Take a screen break every 20 minutes

Find a supportive chair and make sure your screen is eye level

Keep your glasses/contacts prescription up to date and suitable for staring at screens Remember to blink!

### Get regular eye screenings

Everyone should be getting eye screenings regularly. During the screening, your doctor may recommend you schedule an appointment with an ophthalmologist if they believe there's a potential vision problem.

Here are some things you can expect during a comprehensive eye exam:

A review of your health and family history of eye disease, like glaucoma or macular degeneration

### Vision testing

A dilated eye exam to check the retina and optic nerve  
A refraction test to determine the sharpness of your near and distance vision