

SUNDAY MORNING Health Corner

Healthy vision starts with you!

We use our eyes to make sense of the world around us. **Please don't take your eyes for granted.** Even if your eyes feel fine, you could have an issue and not know it.

Many eye diseases such as glaucoma don't have any symptoms or warning signs. A painless and straightforward dilated eye exam can act as a preventative measure.

Use these 6 tips to take care of your eyes.



Visit Your Eye Doctor Regularly

Everyone needs a regular eye exam, even young children. Eye exams help protect your sight and lets you see your best.



Wear Sunglasses

The right pair of shades will help protect your eyes from the sun's ultraviolet (UV) rays. Too much UV exposure boosts your chances of cataracts and macular degeneration.



Give Your Eyes A Break

Staring at the computer for too long can tire your eyes. Give your eyes a rest with the 20-20-20 rule: Every 20 minutes, look about 20 feet away for 20 seconds.



Say No To Smoking

Smoking can put you at risk for some pretty serious eye issues, which can lead to blindness.



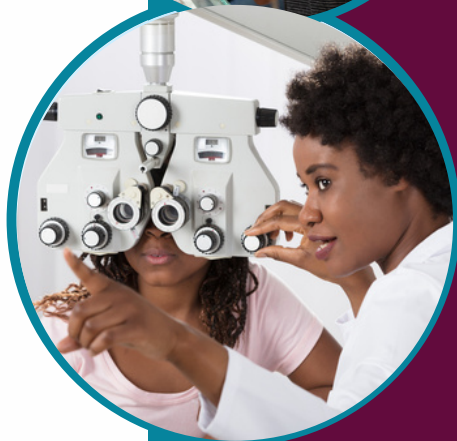
Keep The Germs Away

Always wash your hands before putting them close to your eyes, especially if you're putting in or taking out contact lenses.



Eat Right To Protect Your Sight

Keep your eyes healthy by eating a well-balanced diet.



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