



## Tips for Healthy Eyes

The risk for vision loss and related complications increases with age. Protecting your eyesight is vital to maintaining your overall quality of life.

- **Know your risk.** Diabetes, hypertension, nearsightedness, farsightedness, eye injury, or eye tumor place you in a high risk. Be aware of your family history and get yourself screened regularly.
- **Regular eye exams.** Adults 40- 65 should have their vision checked every one to two years; after 65, at least once a year.
- **Look for changes in vision.** Notice changes such as double vision, hazy vision, difficulty seeing in low light conditions, red eyes, frequent flashes of light or eye pain and swelling.
- **Exercise.** Regular exercise — such as walking — can reduce the risk of age- related macular degeneration by up to 70%.
- **Protect your eyes from harmful UV light.** Always wear sunglasses or a brimmed hat that shields your eyes from the sun.
- **Maintain a healthy diet.** Studies have shown that antioxidants may reduce the risk of cataracts. Load up on fruits, vegetables and omega-3. Speak with your doctor about supplementing with eye vitamins to ensure you are getting adequate amounts of nutrients to keep your eyes healthy.

A blue sticky note is pinned to a mosaic floor with a red pushpin. The note contains the text "Health plans that keep you dreaming!". The mosaic floor features the word "IMAGINE" in large, dark letters.

Health plans  
that keep you  
dreaming!

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