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A TIP FOR TENNESSEANS

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10 HABITS FOR HEALTHY EYES

Have you ever stopped to consider how important your eyes are to everything in your life? Your ability to read, work, cook, drive, watch TV and perform other tasks depends on how well you can see. Vision loss is one of the top 10 causes for disability in the U.S. And the number of people with sight problems will double in the next 30 years.¹ That's why it's more important than ever to keep an eye on your vision health as you age.

Many people don't notice sight issues—like cataracts, glaucoma, and [others](#)—until the problem worsens. Here are 10 habits that can keep your peepers healthy and the world around you in clear view.²

1. **Get your eyes checked.** An eye doctor will look for early signs of a problem, sometimes before there are symptoms, and determine if you're seeing your best.
2. **Know your history.** Many eye conditions are passed down from family members, so talk with them and your doctor about a history of eye and/or vision problems.
3. **Eat for better sight.** Carrots are full of eye-healthy nutrients. So are leafy green vegetables like spinach, collards and kale, and fish like salmon, tuna and halibut.
4. **Stay fit.** Healthy eating and exercise can help you maintain your weight and avoid diabetes, a major cause of blindness.
5. **Wear safety gear.** Goggles, shields and other eye guards that are made with special lenses help protect your eyes during sports or while gardening, woodworking or



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6. **Shade your eyes.** Wear sunglasses that block 100 percent UV-A and UV-B rays.
7. **Don't smoke.** Smoking can lead to [AMD](#), cataracts, nerve damage, and blindness.
8. **Remember 20-20-20.** When using a phone or computer, every 20 minutes look away about 20 feet for 20 seconds to rest your eyes.
9. **Keep it clean.** If you wear contacts, wash your hands and your lenses the right way to avoid eye infections. Listen to this short [podcast](#) on healthy contact lens wear and care.
10. **Work safely.** If your job requires you to use protective eyewear, always wear the right kind.



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References:

¹"The Burden of Vision Loss," Centers for Disease Control and Prevention. 25 September 2009. Web. 08 May 2017.

²"Simple Tips for Healthy Eyes." Centers for Disease Control and Prevention, 11 April 2017. Web. 08 May 2017
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