



### Vision Care

**Fact:**

Grandma was right. Carrots are good for your eyes.

**Fiction:**

It's a myth that all sunglasses help your eyes.

Vision is an important part of life and work. Here's how to maintain good vision.

---

### Keep an Eye on It

---

Regular vision exams throughout life not only keep an eye on any needed vision correction, but also detect developing problems such as glaucoma (pressure in the eye that can lead to blindness) and cataracts (cloudiness of the lens).

---

### Wear Shades

---

Many people know that ultraviolet (UV) rays can damage the skin. UV light can also damage the eyes. Studies have linked frequent exposure to UV rays to cataracts (cloudy lenses), macular degeneration (loss of central vision) and other eye conditions. Even low amounts of sunshine can increase the risks of developing cataracts.\* More than 50% of our cumulative lifetime sun exposure occurs by the age of 16, so children especially need to be protected from the sun.

Wear sunglasses, even on cloudy days, using sunglasses that block ultraviolet rays. Cheap sunglasses are more dangerous than none at all, because the pupil widens in the darkness leaving the eye more vulnerable. For prolonged time in the sun, wear a visor as well.

---

### Keep Your Eyes Clean

---

Eyes are exposed to pollution, germs, wind, cosmetics, dust and other factors. For people with oily skin, daily washing of the eyelid can prevent infections of the lid. With closed eyes, massage the outside of the eyelids with a hand towel or cotton ball soaked in warm water or a mild baby shampoo. Clean toward the nose to avoid driving debris into the eyes. It's also important to remove all eye makeup every day. If you want to use a cleaning solution, stick to tested products recommended by your pharmacist or eye doctor.

For moisturizing the delicate skin around the eyes, be sure to use products that are approved for the eye area.

---

### Eat Right

---

Vitamin deficiencies can affect vision, and vitamin requirements are higher for people under physical and mental stress, for growing children and teens, for pregnant and nursing women and for the aged. The important vitamins for healthy eyes include: A, E, C, Lutein, and B2 (Riboflavin).

Vitamin A helps maintain good night vision and day-to-day vision. Vitamin A deficiency can cause eye problems that, untreated, can lead to blindness. Good sources include carrots, tomatoes, green and red peppers, spinach, liver and egg yolk.

Vitamin E protects cells from damage that may contribute to cataracts, cardiovascular disease and cancer. Vitamin E can play an important role in the prevention of cataracts. Foods that contain vitamin E include: vegetable oils, egg yolk, wheat germ, milk fat, green leafy vegetables and nuts.

Vitamin C protects against cataracts and may reduce eye pressure in glaucoma patients. Sources include: fruits (especially citrus), tomatoes, melons, green leafy vegetables and raw cabbage.

Lutein protects against macular degeneration and sun damage. Sources include: broccoli, yellow corn, spinach, pumpkin, green peas, green leafy vegetables (raw) and chicory (raw).

Riboflavin, also known as vitamin B2, is vital to the activity of an enzyme that protects your eye and may help to protect from cataracts. Find B2 in brewer's yeast, whole grains, milk, soybeans, green vegetables, liver and almonds.

\* American Medical Association

© OnlineBenefits, Inc.

The information presented in these articles is provided for educational purposes only. It is not intended as a substitute for medical advice or treatment. Always seek the advice of your doctor or other medical professional if you have questions about any medical condition, diagnosis or treatment. OnlineBenefits, Inc. will not be liable for any damages arising from the use of this information, and makes no warranties or representations of any kind with respect to the information contained herein.