

5 Tips for Your Eyecare Health

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If eye care professionals had more time to spend with each patient, would they take that opportunity to share tips regarding maintaining optimal vision?

Some do, some don't, and some don't care. Sorry. That's my reality working with Ophthalmologists, optometrists and different eyecare professionals.

In staying true to my perspective on Eyecare and promoting Vision care, I'm offering 5 of many tips for those who want to take proactive action.

1. **Healthy diet:** Limiting processed sugar and carbohydrate intake could be challenging with all the advertising for snacks and sweets. That said, did you know that foods rich in Lutein and Zeaxanthin nourish and promote eye health? Foods rich in these nutrients include:

- Dark leafy greens such as spinach
- Green peas
- Summer Squash
- Pumpkin
- Brussels Sprouts
- Broccoli
- Asparagus
- Romaine lettuce
- Carrots
- Pistachios
- Also include fruits in your diet and Omega 3 fatty acids like salmon and grass-fed beef.

2. **Protective eyewear** is promoted for children and those involved in sports. The positive aspect of this concept is the mainstream lens material called **polycarbonate**. It is the most impact resistant material for protecting our eyes.

- The biggest difference between official safety glasses and your social wear polycarbonate lens glasses are the frame and the lens fabrication process with the Z87.1 and Z 87+ insignia.
- Those insignias on the lenses and frame indicate they have undergone rigorous testing process that ensures they'll protect your eyes in the case of a projectile or other foreign matter striking your face.
- Oversized and over-the-frame safety protective eyewear are available online, hardware stores, and where sports equipment are sold.

3. **Good hygiene** is assumed, and there is more to it than washing one's hands with antibacterial soap before touching the face.

- Men and women, washing your face includes your eyelashes and eyebrows daily. Gentle soap, even no tears baby shampoo, with no disinfectants is the best. As of this article, over the counter products and those found in the doctor's office include Sterilid, Cetaphil, or Ocusoft.
- Men with bushy brows, debris falls onto your lashes and could clog your pores causing inflammation of your eyelids. Have you heard of blepharitis?
- Women, replace your mascara about every 3 months, depending on how many times the wand is extracted from the bacteria home of the tube. Even if you rarely use the mascara, replace yearly by labeling the date the wand was first removed from the tube.

4. **Exercise** helps maintain healthy blood vessels for your heart and overall health, including the vessels in the eyes. Consider at least 20-30 minutes of moderate daily exercise.
 - Remember, if you have a pace-maker, refrain from exercises such as Yoga's downward dog where your head is below your heart.
 - Give your eyes a Zoom break every 20 minutes to reduce eye fatigue and stress. Look out at least 20 feet for 20 seconds. It's not an exercise; it's more of a bonus for the health of your eyes!

5. The last tip is a no brainer. Common eye diseases are accelerated when one smokes and vapes. If you want cataracts, glaucoma and age-related macular degeneration at a younger than the normal timeline, keep smoking! Consider the risks and benefits when **smoking and vaping**. You could experience vision loss much younger than those who do not smoke and/or vape.