

5 Tips For The Healthy Eyes



Eyes are the most beautiful gift in life

Taking care of your eyes is your responsibility

Control Exposure to Digital Media

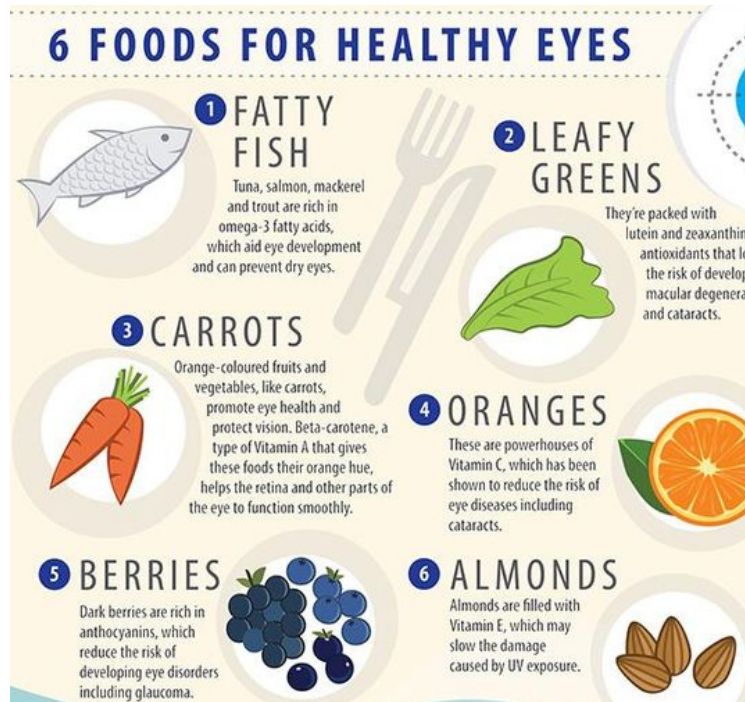
The 20- 20- 20 rule is a golden rule that must be followed by all computer users. Staring at long hours at the computer screen can make you forget to blink. Blinking is very essential to lubricate your eyes. So, every 20 minutes, make it a habit to look away at an object that is at least 20 feet away, for 20 seconds.

Using an anti-reflective coating (called ARC) or use blue light filters on your spectacles may provide you relief. Also, remember to place your reading material at a level in between your screen and keyboard, or right next to the monitor screen.

Eat a Rainbow Diet- Consume fruits and vegetables of different colour

Diseases like cataract and age-related macular degeneration may be prevented by nutrients like zinc, vitamin C and E, omega 3 fatty acids and lutein. These are present in carrots, Green leafy vegetables, tomatoes, citrus fruits, Beans and Nuts.

Restrict eating trans fat or fast foods, as they imbalance your omega3 and omega 6 balance and aggravate dry eye.



Protect your eyes from the Sun

Excess exposure to UV rays can put your eyes at risk for earlier development of cataract and macular degeneration.

Just darker glasses are not sufficient. Do remember to ask for sunglasses that offer 99% protection from both UV A and UV B sun rays. Sunglasses that wrap around and protect your eyes from the sides too are preferable.

Do not sleep with Contact Lens and Eye make -up on

Get a Regular Eye check up done

Eye exams are critical for maintaining lifelong healthy vision. Besides keeping your eye prescriptions UpToDate, it helps in early detection of some serious eye problems. e.g., diseases like Glaucoma, which are asymptomatic, may be detected in an earlier stage and hence irreversible blindness can be prevented on a routine eye exam.

Eye is the mirror of your body. Eye doctors can spot chronic illness like Diabetes, Hypertension, rheumatoid Arthritis, Dyslipidaemias and some cancers, much before, you are diagnosed by a physician.

The ideal frequency of your eye exams depends on your situation, but generally we should see you at least once every other year.