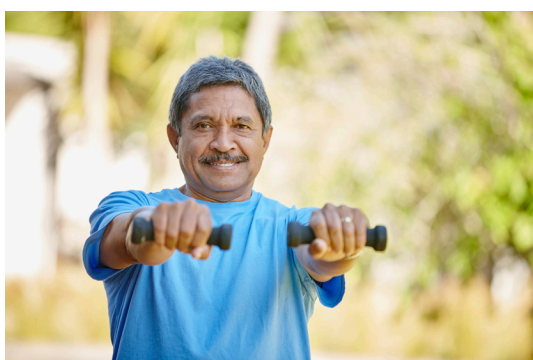# 5 TIPS FOR HEALTHY EYES

HEALTHY VISION TIP

GET A COMPREHENSIVE DILATED EYE EXAM:
It's the best way to know if your eyes are healthy and you're seeing your best.

LIVE A HEALTHY LIFESTYLE:
Maintain a healthy weight and eat foods like fish and dark leafy green vegetables to lower your risk of eye disease. And don't smoke!

KNOW YOUR FAMILY HISTORY:
Genes are a factor in eye disease, including diseases that are the leading causes of blindness. Talk to your family members about their eye health history.

WEAR SUNGLASSES:
Protect your eyes by choosing sunglasses that block out 99 to 100% of both UVA and UVB radiation.

USE PROTECTIVE EYEWEAR:
Safety glasses or goggles can protect your eyes at work and at play. Talk to your eye care provider about the right protective eyewear for your sport or job.

For more information, please visit **nei.nih.gov/healthyeyes.**