

# May is Healthy Vision Month

Our eyes are our windows to the world. Learn how you should protect them.

When it comes to our health, we visit our doctor or nurse regularly to make sure our bodies are healthy, but what about our eyes? They're not always a priority, but they're just as important. During Healthy Vision Month, held each May, the National Eye Institute (NEI) encourages Americans to make their eye health a priority and educates them about the ways they can protect their vision:



## Get a Comprehensive Dilated Eye Exam

It's the only way to catch eye diseases early, because with many, there are no early symptoms. Just a few drops could save your vision and your overall health.



## Live a Healthy Lifestyle

Maintain a healthy weight and eat foods like fish and green leafy vegetables to lower your risk of eye disease. And don't smoke, it's as bad for your eyes as it is the rest of your body.



## Know Your Family History

We get our eye color from our parents, but did you know eye health is hereditary, too? Genes are a factor in eye diseases, including those diseases that are the leading causes of blindness.



## Use Protective Eyewear

Protective eyewear lenses are made of polycarbonate, which is ten times stronger than plastic. Whether it's safety glasses or goggles, keep your eyes protected when playing sports or doing recreational activities.



## Wear Sunglasses

The sun's rays can cause eye diseases, too. Choose sunglasses that block at least 99 percent of both UV-A and UV-B radiation.



For more information, please visit [www.nei.nih.gov/hvm](http://www.nei.nih.gov/hvm).