

## **TIPS FOR HEALTHY EYES**

- Make sure to get a comprehensive annual eye exam. Early detection is crucial in preventing and treating eye diseases and conditions, and a yearly exam is an important step you can take to help monitor and protect your vision and overall health.
- Don't forget to protect your kids. Children are more vulnerable to dangerous UV rays and it is especially important for them to wear hats and sunglasses while outside. Keep children away from the sun between 10:00 a.m. and 2:00 p.m. when the sun's ultraviolet rays are the strongest.
- Ask your eyecare professional for lenses that provide complete UV protection on the front and backside of the lens for both your sunglasses and everyday clear lenses.
- Ask for lenses that provide UV protection with an Eye-Sun Protection Factor (E-SP™) of 25 or more, to benefit from the best protection on the market.

## **EXERCISE YOUR EYES**

**There are muscles in the eyes that we can stimulate and strengthen by practicing these simple exercises recommended by Dr Howard Purcell:**

- Change your focus by looking at distance and looking at near;
- Move the eyes around in different directions;
- The 20-20-20 rule: Every 20 minutes, take a break for 20 seconds, look 20 feet away;
- Blink your eyes to increase visual comfort and hydrate your eyes;
- High five: If you can high-five your computer screen, you're at a perfect distance for your eyes.

## **PREPARE FOR YOUR OPTOMETRIST APPOINTMENT**

To prepare for your next appointment, please find below information that will help you take full advantage of your visit with your eye care professional.

- Regular eye exams are a cornerstone of healthy sight. Many eye and vision conditions present no obvious symptoms and early diagnosis and treatment of eye diseases and conditions are critical. That's why regular eye exams are vital to maintaining good vision.
- Today's lens products are high tech combinations of an optical surface, a lens material, and a combination of lens enhancements or treatments. Your eye care professional can make a recommendation of the unique lens combination that is right for you, based on your individual prescription, frame choice, medical history and lifestyle. Many of you trust your eye care professional to select what is right for you; however, your eye care professional will appreciate your input to equip you with the optimal pair of glasses.

**Here are some questions to consider before your visit or to ask your eye care professional during your exam:**

- Are you currently having any vision problems?
- If this isn't your first eye exam, has anything changed in your vision since the last exam?
- Are your eyes sensitive to light or, do they sometimes feel tired or uncomfortable due to changing light?
- Do you spend a lot of time outside with your glasses?
- Are your eyes sensitive to light displayed by screens such as televisions, computers and telephones?
- Are you inconvenienced by glare, scratches, smudges, dust or water? Would you like lenses that could reduce these inconveniences?
- Are you inconvenienced by fog in your daily activities (work, leisure, sports)?
- Would you like thinner and lighter lenses?
- Would you like tinted lenses?
- Are there vision problems that exist in your family including health issues like high blood pressure or diabetes that may impact healthy sight?
- Are you taking any prescription medications? Some medications, prescription as well as over the counter and herbal can impact vision.

**Ask your eye care professional:**

- Given my age, eye condition and other risk factors, how often should I have my eyes examined?
- Given my lifestyle, what are the options for protecting my eyes (lens design, materials, coatings)?
- How damaging is the sun's UV light to my eyes? And, what can I do to protect my eyes?
- What are the advantages of a coating that has the ability to reduce glare, resist to scratches and smudges as well as repel dust and water?
- What is the difference between a plastic lens and a polycarbonate lens?

Also, don't forget to bring your current prescription (or your eye journal) and all glasses you are currently wearing with you. If it's with a new practice, have your previous practice forward your records in advance.

*Article from the Essilor website – the world leader for corrective lenses.*