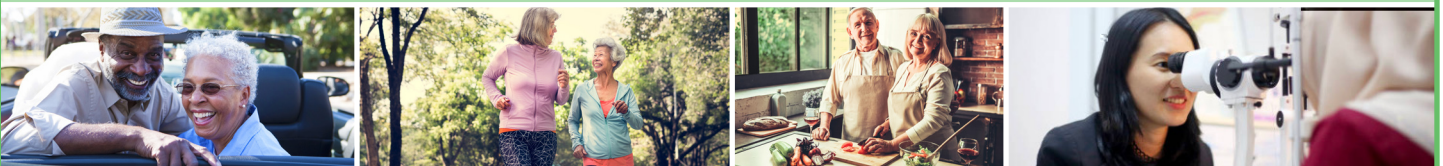


Healthy Habits to Preserve Healthy Vision

Healthy sight allows us to experience all of the world's wonders. Our retinas make good vision possible. The American Society of Retina Specialists (ASRS) encourages you to learn about the healthy habits that can help safeguard your retinas and your sight.



7 Healthy Habits to Protect Your Sight

When it comes to safeguarding your vision, some simple lifestyle habits can bolster not only your overall health but also preserve healthy retinas and eyesight.

- 1 Quit smoking.** Smoking can also lead to vision loss and blindness. In fact, research shows that people who smoke are significantly more likely than non-smokers to develop AMD. To access information and help to quit smoking, call 800-QUIT-NOW (800-784-8669) or visit SmokeFree.gov.
- 2 Control your blood sugar, blood pressure and cholesterol.** If you have diabetes, one of the best ways of lowering your risk of vision loss and preventing diabetic eye disease is to closely monitor and manage your blood sugar, blood pressure, and cholesterol levels.
- 3 Eat nutritious foods including dark, leafy greens and fish.** Research shows that consuming a diet high in Omega-3 fatty acids, lutein and zeaxanthin is associated with a lower incidence of age-related macular degeneration (AMD).
- 4 Stay active and maintain a healthy weight.** Studies have shown that people who walk for exercise are less likely to develop AMD. Exercise also helps control obesity, high blood pressure and cholesterol which benefits eye health.
- 5 Know your family history.** Ask family members if they have had vision issues. Retinal conditions including AMD, diabetic retinopathy and even retinal detachments may have a genetic component that runs in families.
- 6 Get regular dilated retina exams.** Many retinal diseases have few noticeable symptoms in early stages. With regular dilated retina exams, your eye physician can help preserve your sight by detecting symptoms of a retina condition early, before extensive damage occurs.
- 7 Protect your eyes from the sun.** Ultraviolet (UV) rays from the sun can damage not only our skin but also our eyes. Wear a pair of sunglasses that provide 100% UV absorption or block both UVA and UVB rays and a wide-brimmed hat when outdoors.

For more information
visit **SeeforALifetime.org**

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American Society of Retina Specialists

With support from Allergan,
Genentech, Novartis, and
Regeneron Pharmaceuticals

