

4 tips for healthy vision

As people age, many take steps to improve their overall health by exercising or eating healthier foods, but eye health is often overlooked. Eye care professionals and ophthalmologists recommend the following tips to keep your vision healthy.



Get an annual eye exam

Your ophthalmologist will check for common age-related eye conditions such as glaucoma and macular degeneration. An eye exam can also help detect signs of other general health conditions.



Don't smoke

Smoking increases your chances of developing eye diseases such as age-related macular degeneration and cataracts. It can also affect the risks of cardiovascular disease, which indirectly can affect your overall eye health.



Look at your family history

Eye disorders are sometimes passed on genetically, so be sure to talk to your doctor about any known family history regarding eye disease.



Eat healthy foods

Certain foods have been shown to provide the body with vitamins and minerals needed for both general health and healthy eyes. Some of these foods include salmon, tuna, vegetable oils, citrus fruits and kale.

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