Eye Health For Women
Five Ways To Protect Your Vision

(NAPSA)—Did you know that women are at greater risk for blindness and vision problems? The National Eye Institute, part of NIH, reminds women, especially those over age 40, to make their eye health a priority by taking five simple steps to protect their sight.

Get a dilated eye exam. Getting a comprehensive dilated eye exam is the only way to know if your eyes are healthy and you are seeing your best. Talk to your eye care professional about how often you should have one.

It's a wise idea for women over 40 to get regular eye care.

Live a healthy lifestyle. Eating healthy foods, maintaining a healthy weight, managing chronic conditions, and not smoking can lower your risk of eye disease.

Know your family history. Talk to your family members about their eye health history. It's important to know if anyone has been diagnosed with an eye disease, since many are hereditary.

Use protective eyewear. Prevent eye injuries when doing chores around the house, playing sports, or working on the job. Wear safety glasses, goggles, safety shields, or eye guards that are made of polycarbonate. Talk to your eye care provider about the appropriate type of protective eyewear for your needs.

Wear sunglasses. Wearing sunglasses outside protects your eyes from the sun's ultraviolet rays. Prolonged exposure to sunlight can increase your risk for getting an eye disease like cataract or age-related macular degeneration, which is a progressive eye disease leading to blindness. When purchasing sunglasses, look for those that block out 99 to 100 percent of both UVA and UVB radiation. These steps can help keep your eyes healthy and prevent vision loss and blindness from eye disease.

For more information, visit www.nei.nih.gov/hvm.