

the Science of Sight

Eye Health And Beauty Have Links

by Dr. Howard Purcell 

(NAPSA)—“The joy of youth and health her eyes displayed,” declared 18th century writer George Crabbe. That’s true today; a woman’s eyes embellish her beauty...and health. How you enhance your eyes can play a role in overall eye health.



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Here are some basic tips:

- Never share eye makeup with anyone. This is directed primarily at teens, for whom sharing makeup is part of growing up. Makeup can contain bacteria.

- Use a soothing eyewash or lubricant to eliminate redness.

- Swimming? Wear goggles in chlorinated pools.

- Never share your contacts with anyone. And, teens, don’t try coloring your own contacts. That can be dangerous.

- Never line the inside of your eyelids with liner pencil.

- Smoking causes premature wrinkling of the skin around the eyes.

- New contact lens users may want to experiment with new makeup techniques. You may not need as much as with glasses.

- Use cotton wipes to remove makeup from around the eyes. Wipe gently away from the eyes.

To maintain eye health and beauty, schedule a routine eye examination with an Eye Care Professional. You may also visit www.acuvue.com for additional information about eye care.

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Note to Editors: This is the 9th in a series of 12.