EYE CARE TIPS FOR WOMEN

WOMEN CAN MAKE THEIR EYE HEALTH A PRIORITY WITH FIVE EASY STEPS. ONE, TALK TO YOUR EYE CARE PROFESSIONAL ABOUT GETTING A DILATED EYE EXAM. TWO, LIVE A HEALTHY LIFESTYLE BY EATING RIGHT, MANAGING CHRONIC CONDITIONS, AND NOT SMOKING. THREE, KNOW YOUR FAMILY'S EYE HEALTH HISTORY SINCE MANY EYE DISEASES ARE HEREDITARY. FOUR, PROTECT AGAINST INJURY WITH PROTECTIVE EYEWEAR. AND FIVE, WEAR SUNGLASSES OUTSIDE. LEARN MORE FROM THE NATIONAL EYE INSTITUTE AT N-E-I--DOT--N-I-H--DOT--GOV--SLASH--H-V-M.