

EYE CARE TIPS

YOU MAY SEE BETTER, LONGER IF YOU TAKE FIVE IMPORTANT STEPS TO PROTECT YOUR SIGHT. FIRST, GET A DILATED EYE EXAM. ASK YOUR EYE CARE PROFESSIONAL HOW OFTEN. NEXT, LIVE A HEALTHY LIFESTYLE. EAT RIGHT, MANAGE CHRONIC CONDITIONS AND DON'T SMOKE. ASK FAMILY MEMBERS ABOUT THEIR EYE HEALTH. MANY EYE DISEASES ARE HEREDITARY. USE PROTECTIVE EYEWEAR WHEN DOING CHORES, PLAYING SPORTS, AND WORKING. WEAR SUNGLASSES OUTSIDE. LEARN MORE FROM THE NATIONAL EYE INSTITUTE AT N-E-I--DOT--N-I-H--DOT--GOV--SLASH--HEALTHY-EYES.