

Women and Eye Health



Did you know? 2 out of every 3 people living with blindness or vision problems are women. But you can take steps to keep your eyes healthy!

Get a dilated eye exam.

Getting a dilated eye exam is the best way to catch vision problems early, when they're easier to treat. Talk to your eye doctor about how often to get your eyes checked.



More ways to protect your vision:



Wear sunglasses — even on cloudy days! Look for sunglasses that block 99 to 100 percent of both UVA and UVB radiation.



Get active. Physical activity lowers your risk of conditions that can cause eye problems, like diabetes and high blood pressure.



Eat eye-healthy foods, including plenty of dark, leafy greens and fish like salmon, tuna, and halibut.



If you smoke, talk to your doctor about ways to quit.



Wear safety glasses or goggles to protect your eyes during certain activities, like playing sports.