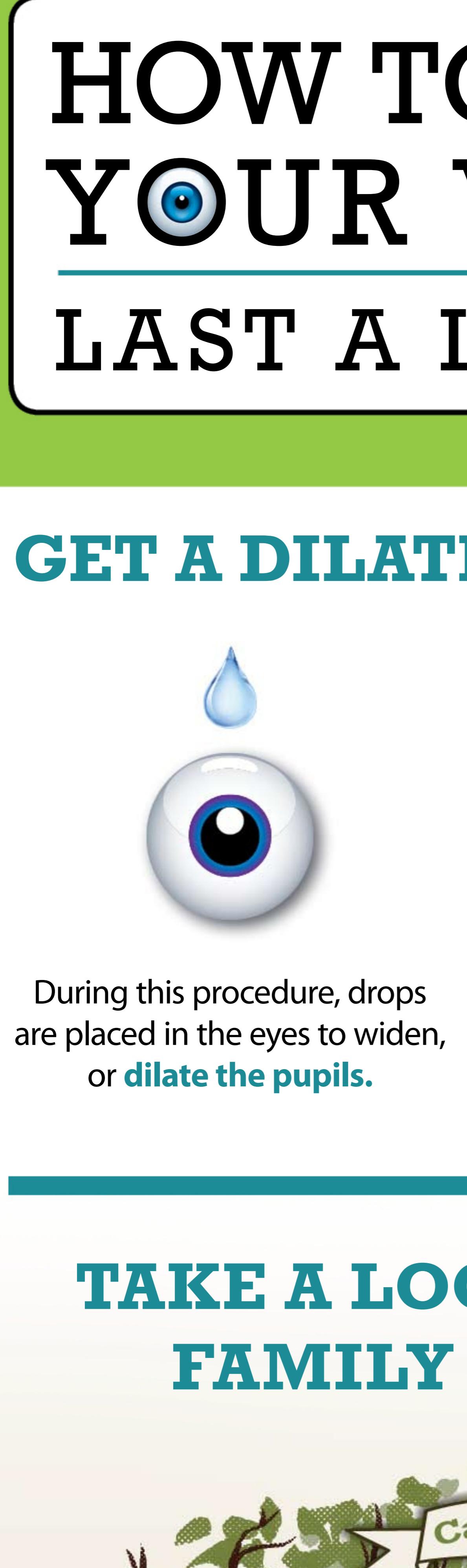


EYE HEALTH

& PROTECTING YOUR VISION



May is Healthy Vision Month,

an observance coordinated by the National Eye Institute (NEI), part of the National Institutes of Health, to encourage Americans to take care of their eyes and protect their vision.

Approximately
38 Million Americans

have **common eye diseases** such as glaucoma, diabetic retinopathy, age-related macular degeneration, and cataracts.

That's nearly

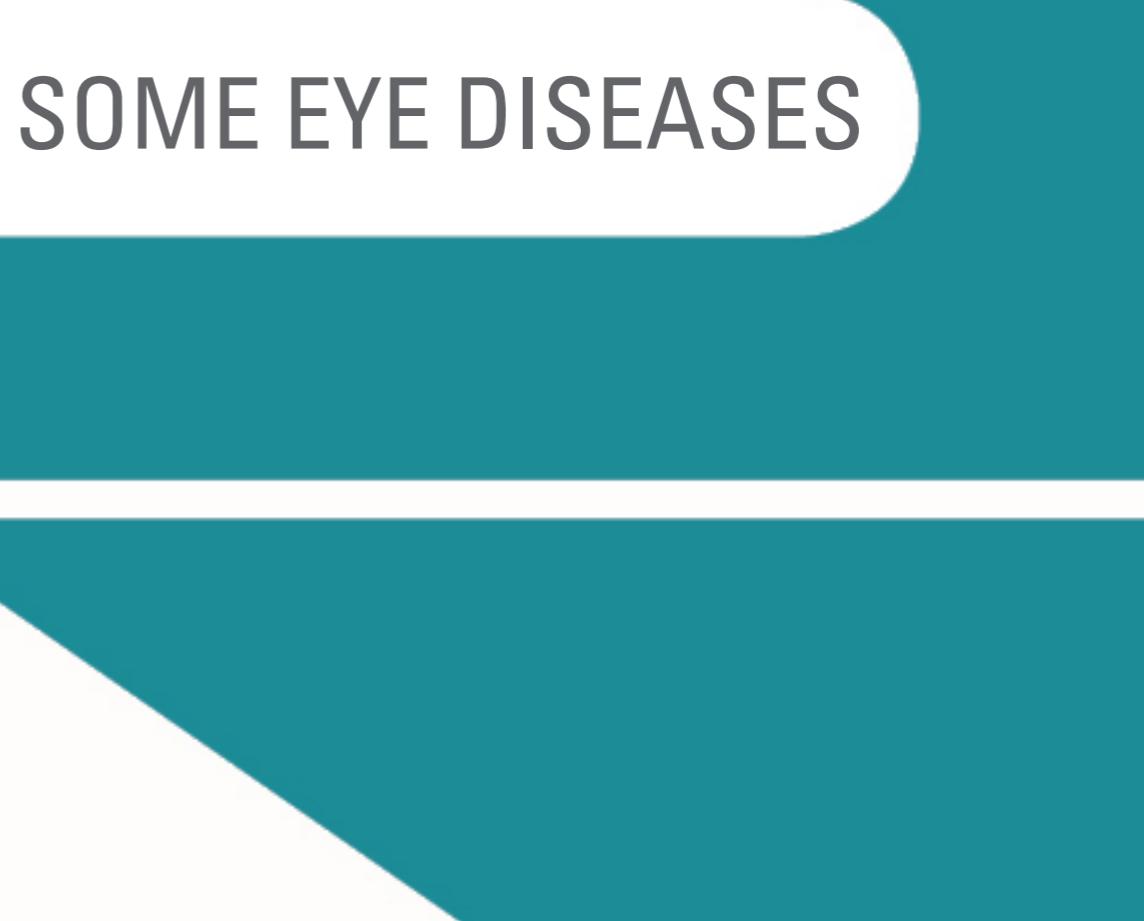
1 out of 8 Americans



That number is expected to rise to **56 million by the year 2030**, making it **more important than ever** for Americans to get the **vision care they need**.

HOW TO MAKE YOUR VISION LAST A LIFETIME

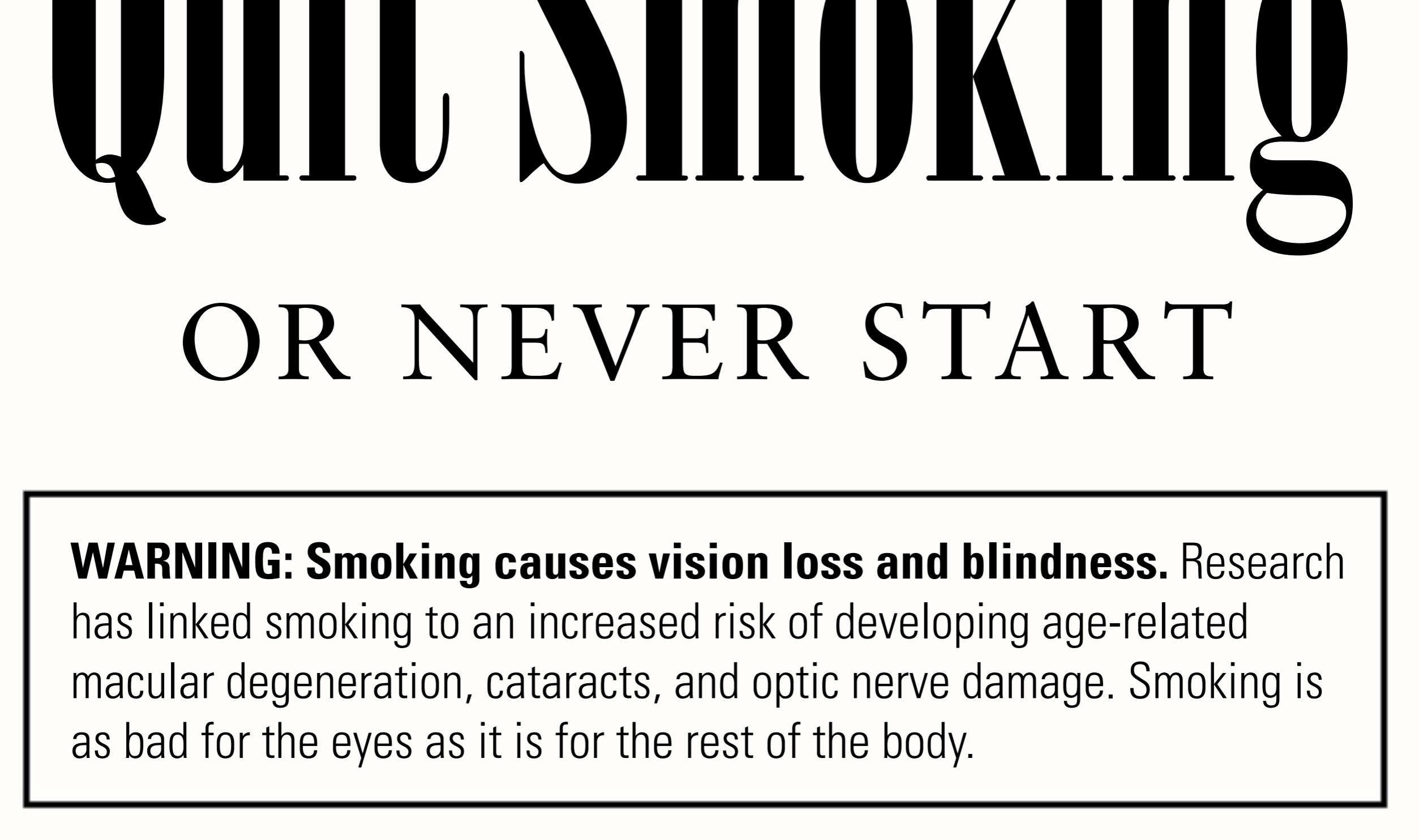
GET A DILATED EYE EXAM



During this procedure, drops are placed in the eyes to widen, or **dilate the pupils**.

The back of the eye is examined to look for early signs of eye diseases.

TAKE A LOOK AT YOUR FAMILY HISTORY



Many eye conditions are hereditary

Talking to **family members** about their **eye health history** can help determine if there is a higher risk for developing an eye disease.

USE PROTECTIVE EYEWEAR

Wearing approved **safety glasses** and **goggles, safety shields** and **eye guards** can help prevent eye injury.

Sunglasses are important for eye care, especially those that block 99 to 100 percent of UV-A and UV-B radiation.

EAT HEALTHY FOODS & MAINTAIN A HEALTHY WEIGHT



Dark leafy greens, such as **spinach**, and **fish** high in **omega-3 fatty acids**, such as **salmon**, can help people protect their vision.

SMOKING MAY CAUSE SOME EYE DISEASES



WARNING: Smoking causes vision loss and blindness. Research has linked smoking to an increased risk of developing age-related macular degeneration, cataracts, and optic nerve damage. Smoking is as bad for the eyes as it is for the rest of the body.

These are just a few steps to get Americans on the path to better vision.

To learn more about keeping eyes healthy, visit <http://www.nei.nih.gov/healthyeyes>.

To learn more about Healthy Vision Month and to access

resources for sharing with family and friends, such as prewritten Facebook posts and tweets, visit <http://www.nei.nih.gov/hvm>

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