

This Year, Skip the Perfume



You're the apple of her eye, her shining star. This year for Mother's Day, when you think of gifts, think differently. Instead of giving the ladies in your life their favorite fragrance, do something new. Consider these three ways to make the day memorable and meaningful:

Go for a walk in the park.

Plan to take a walk at a local park: it's a great way to keep active. The National Eye Institute recommends maintaining a healthy weight to keep eyes healthy. Being overweight or obese increases your risk of developing diabetes and other conditions that can lead to vision loss, such as diabetic eye disease or macular degeneration.

Enjoy a healthy brunch.

Whether you decide to whip it up yourself or plan on taking her to a great restaurant, be sure she makes food choices that include leafy green veggies, which can help

to keep eyes healthy. Research has also shown there are eye health benefits from eating fish high in omega-3 fatty acids, such as salmon, tuna, and halibut.

Schedule an eye exam.

There's no substitute for the quality of life that good vision offers. In advance of Mother's Day, be sure to schedule a comprehensive dilated eye exam for her. As we age, we are at increased risk for eye diseases and conditions such as diabetic retinopathy and glaucoma. Many diseases have no early warning signs but can be detected through a comprehensive dilated eye exam.

Give her a gift that will help her see her best and be her best. Early detection and treatment can help prevent vision loss. For more information on eye health, visit www.nei.nih.gov/healthyeyes.