



Protect Your VISION

When some people think of vision, they think of a goal or mission they would like to accomplish. For others, vision is more on the forefront of their minds dealing with blurred sight or headaches. Whatever you think of when you hear “vision”, the reality is everyone needs to protect their sight.

You may be thinking, “My eyes are fine, so why worry about them?” The fact is the eyes can tell us a lot about what is happening in our bodies. However, some eye diseases like glaucoma or diabetic eye disease show no up front symptoms and can only be detected by your eye doctor. As a result, it is recommended that everyone should have an eye exam by age 40. Here are some other tips to help protect your vision:

“The eyes truly are unique real estate. They’re the only place in the body where you can see a bare nerve, a bare artery, and a bare vein without doing any cutting. And the disease processes we see occurring in the eye are probably occurring in the rest of the body.”

Andrew Iwach, MD
University of California
at San Francisco

Be Familiar

Becoming familiar with your family’s eye history will help identify if you are at a higher risk of developing eye disease.

Be Healthy

Eating right and controlling your weight support eye health. Good things to eat include fruits and vegetables, such as dark leafy greens. Keeping your weight under control lowers your risk of diabetes that can lead to vision loss.

Be Smart

Protecting your eyes is a simple way to help protect your vision. Simple things like wearing UV sunglasses or safety goggles when appropriate can go a long way in supporting healthy vision.

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Sources:

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