

ABC's of Healthy Vision

Eye need, you need,
everybody needs healthy vision!
We deserve it.

What is healthy vision? It's all about:



Acuity of vision

Blocking out harmful ultraviolet (UV) light and glare with protective lenses



Comfortable vision

Protect your vision for life by following these guidelines:

- Have your eyes examined by an eye doctor every two years from six months to 60 years; annually thereafter.
- Drink 8 - 10 glasses of water a day to keep your body and your eyes well hydrated.
- Remember to rest your eyes periodically, particularly when reading, working on a computer or watching television.
- Wash your hands frequently to avoid getting dust or particles in your eyes should you touch them. Avoid touching or rubbing your eyes or the eye area.
- Enhance your diet by eating foods that are rich in beta-carotene, a nutrient that can help maintain your healthy vision.
- Always remember to protect your eyes from the sun's harmful UV light and glare by wearing protective lenses.

Be Cool for School!

Going back to school means more than picking out a neat new backpack, clothes, shoes, and school supplies. It's also a great time to make sure you're starting the new school year with your eyes in tip-top shape. Ask your parents to schedule an eye exam with your eye care professional now.

Be "Ultra" Careful!

Ultraviolet radiation is an invisible form of energy from the sun that can harm us if we are not careful. Even on an overcast day, UV light from the sun can cause sunburn of our skin and the cornea of our eyes, which is called 'photokeratitis.'

Sunscreen protects your skin from overexposure to UV rays. Proper lenses can safely block UV radiation and protect your eyes. Make sure you choose eyeglasses with lenses that block 100% of UV radiation.

Be Glare Aware!

Glare, or extreme brightness, can be distracting and even dangerous. The direct rays of the sun are the most powerful source of glare and UV radiation. Photochromic lenses, such as Transitions Lenses which are clear indoors and darken outdoors, can help relieve this type of glare. Have your parents ask your eye care professional if photochromic lenses are right for you.