

PREVENTATIVE CARE

SUNGLASSES

The sun emits ultraviolet (UV) rays which can damage your eyes through constant exposure. Sunglasses are able to help by filtering the bright light and protecting against the damaging UV rays.

WHAT ARE GOOD SUNGLASSES?

Sunglasses that are **UV 400+** can block 99-100% of UV rays. The darker the lenses are doesn't mean it will block more UV rays. In addition, polarized sunglasses reduces the glare coming off of reflective surfaces; however, it doesn't provide more protection from the sun.



HOW OFTEN SHOULD I HAVE AN EYE EXAM?

According to the American Optometric Association, adults between 18 to 64 years old are recommended to get an eye examination every year if you have diabetes or eye problems. If you are asymptomatic or low-risk, an exam at least every 2 years is recommended.

DIET AND NUTRIENTS IMPORTANT FOR EYE HEALTH

LUTEIN & ZEAXANTHIN

Commonly found in green leafy vegetables and eggs.

VITAMIN A, E, AND C

Carrots are rich in vitamin A. Nuts and sweet potatoes are rich in vitamin E.

Berries and oranges are rich in vitamin C.

ZINC

Commonly found in lentils and chicken

OMEGA 3

Commonly found in fish.

