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Easy Ways to Improve Your Sight

Poor vision does more than cause your tennis game to suffer or make it hard to read road maps. The constant stress on the eyes, particularly in eye-intensive work situations, can lead to:

- Frequent headaches or body aches.
- Fatigue or irritability at the day's end.
- Trouble handling work tasks.

Often, people with vision problems wait far longer than necessary or sensible before getting an eye examination. Everyone should have a regular exam every year or two, and annually after age 60, according to the American Optometric Association.



Only an eye doctor can identify some serious vision problems — for example, glaucoma and diabetic retinopathy — at an early enough stage to treat them. Meanwhile, blurred or distorted vision, eye fatigue, eye irritation, or pain in the eye are a clear reminder to visit an eye-care professional right away.

During your next visit to your eye doctor, describe any eye-intensive work tasks you perform, such as computer work, paperwork, or reading dials. This way, glasses or contact lenses can be specifically designed to suit your personal needs and lifestyle.

Self-care for better vision

Between doctor visits, you can take these essential steps to help maintain or improve your vision:

- Eat at least five servings daily of fruits and vegetables. In particular, nutrients found in dark-green, leafy vegetables such as spinach or kale can help to prevent age-related macular degeneration, the leading cause of blindness among Americans.
- Take regular breaks while doing computer work and other eye-intensive tasks.
- Wear your glasses. This sounds obvious, but many people with low to moderate vision loss leave them at home or tucked in a pocket or purse because of vanity or forgetfulness.
- Closely follow the recommended schedule for cleaning and wearing contact lenses.

Problems and solutions

Specific vision problems can benefit from specific solutions, according to the American Optometric Association:

- **Sensitivity to bright light.** Choose sunglasses that block 75 percent to 90 percent of visible light, rather than translucent lenses. In addition, sunglasses that block 99 percent to 100 percent of UV-A and UV-B radiation help protect against cataracts. Don't wear dark glasses at night or indoors — doing so can make eyes more light-sensitive over time.
- **Itchy, burning, or red eyes.** These symptoms can result from dry-eye conditions common after age 50, or from high mucous production in allergy-prone contact-lens wearers. Using artificial tears may help with dry eye; switching to disposable or daily wear lenses can help some allergy sufferers. Contact-lens wearers and adults older than 50 with symptoms like these should consult an eye care professional for appropriate treatment.
- **Trouble with glare.** If nighttime headlight glare is an ongoing problem or if you work in visually demanding situations, ask your eye-care professional about anti-reflection coated lenses, which can help reduce glare and reflections during both day and night.
- **Reduced vision in aging eyes.** In addition to a new lens prescription, a helpful measure for older eyes is to place more lamps in the home and install task lighting. Choose high-wattage or three-way bulbs and eliminate glare with indirect lighting.
- **Problems with new glasses.** If, after seven to 10 days of wearing new lenses, you continue to suffer blurred vision, double vision or other problems, see your eye care professional. The problem may be solved by an adjustment to either the frame or the prescription.
- **Annoying spots in front of your eyes.** Generally, seeing spots, floaters, or flashes is a common, harmless experience of aging. In some cases, however, it may signal something more serious, such as diabetic retinopathy, carotid artery disease, or early-stage retinal detachment. Call your doctor if you have symptoms.

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Ways Kids Can Make Money



Many young kids want to start making some money, and often their parents want them to do so as well. Encouraging your children to earn their own money is a great way to foster creativity and innovation, promote independence, and begin to teach them about key financial skills like budgeting, saving, managing money, and investing.

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Make a Splash: Try a Water Workout



Summer is a good time to get your feet wet in the pool, but you can do more than just wade in the water. Water exercise or water aerobics can give you a good workout without the pounding of a land workout. And it's a good alternative water activity for those who don't like to or can't swim laps.

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