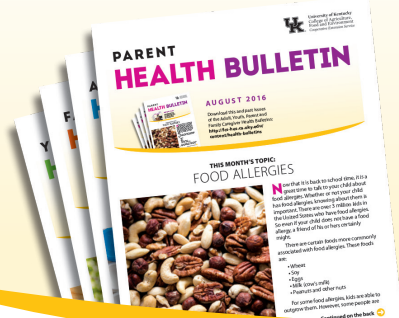




PARENT

HEALTH BULLETIN



MARCH 2018

Download this and past issues of the Adult, Youth, Parent and Family Caregiver Health Bulletins:
<http://fcs-hes.ca.uky.edu/content/health-bulletins>

THIS MONTH'S TOPIC: SAVE YOUR VISION



March is "Save Your Vision Month". More than 20 million Americans suffer from severe vision loss. While not all eye diseases can be prevented, there are simple steps that everyone, kids included, can take to help their eyes remain healthy now and reduce their chances of vision loss in the future. It is a good idea to have your eyes checked at least every 2 years or even more if you have a family history of eye problems. Establishing these healthy eye habits from a young age will help your children take care of their eyes and protect them against injury or infection.

- **Wear sunglasses.** UV blocking sunglasses prevent retinal damage.
- **Do not smoke.** Tobacco smoking is directly linked to many adverse health effects, including age-related macular degeneration retina damage and an increased risk for developing cataracts.

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- **Eat right.** Vitamin deficiency can impair retinal function. Eating a variety of vegetables, leafy greens and fruits can benefit your eyesight and keep eyes healthy for a longer period of time.
- **Use eye protection.** It is critical to wear proper eye protection to prevent eye injuries during sports such as hockey and baseball and home projects such as home repairs, gardening and cleaning.
- **Follow correct contact lens care.** Follow your doctor's instructions regarding contact lenses. Avoid sleeping in contacts not approved for overnight wear, using saliva or water as a solution, using expired solutions and using disposable contact lenses beyond their expiration date.
- **Be aware of eye fatigue.** Your eyes can feel dry or tired when working at a computer or TV screen for too long. Every 20 minutes, let your eyes take a break.
- **Know your family history.** Many eye diseases cluster in families. You should know your family's history of eye disease because you may be at increased risk.

If you or your child show these signs, you may want to make an eye appointment:

- Frequent headaches
- Frequent rubbing of eyes
- Poor tracking of an object as it moves
- Red eyes
- Eyes are tearing
- Extreme light sensitivity
- Difficulty focusing
- Squinting to see something
- Difficulty reading
- Sitting too close to the TV
- Holding any screen device too close to the face

RESOURCES:

- <https://www.aaopt.org/eye-health/tips-prevention/top-10-tips-to-save-your-vision-2>
- <https://www.aaopt.org/eye-health/news/eye-health-news-save-your-vision-month>
- <http://kidshealth.org/en/parents/eyes.html?ref=search&WT.ac=msh-p-dtop-en-search-ck>

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