



How well *do* you see?

Taking Care of Your Eyes and Vision: A Checklist for Adults Ages 20 to 39

The majority of adults throughout their 30s enjoy healthy eyes and good vision. The most common eye and vision problems experienced at this age are generally due to eye injuries and visual stress.¹ There are a number of things you can do to help maintain healthy vision. **Use this checklist** to talk with your doctor about your vision and to help maintain your eye health during this stage in life.

- Find out if you're at a high risk for eye diseases** – Health problems affecting other parts of your body can affect your vision. Diabetes, high blood pressure, or taking certain medications can cause vision problems, so discuss with your ECP if you have any of these conditions or issues.¹
- Eat well** – Eating a diet rich in fruits and vegetables, particularly dark leafy greens, is important for keeping eyes healthy. Research also shows that eating fish high in omega-3 fatty acids, such as salmon, tuna and halibut, also have eye health benefits.¹
- Wear sunglasses** – It's important to protect eyes from UV rays. Strong sunlight can damage eyes and increase the risk for cataracts. When choosing sunglasses, look for UV-protection and make sure they block 99-100% of both UVA and UVB rays.²
- Quit smoking** – Smoking is as bad for your eyes as it is for your body, and has been linked to an increased risk of developing age-related macular degeneration (AMD), cataracts and optic nerve damage.³
- Maintain a healthy weight** – Being overweight can increase the risk for developing diabetes and other systemic conditions, which can lead to vision loss.³
- Use good lighting** – To see well, your eyes need three times as much light when you're 60 as they did when you were age 20.⁴
- Exercise** – Good circulation and oxygen intake are important for healthy eyes, both of which are stimulated by regular exercise.¹

Eye examinations are recommended at least every two years. If at risk for eye problems, such as diabetes, high blood pressure or a family history of eye disease, you may need more frequent exams. Maintaining healthy



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vision is an important part of staying healthy. If you notice a change in vision, contact your ECP. Detecting and treating problems early can help maintain good vision for life.

Did you know?

Eye examinations aren't only for people with poor vision, and
20/20 vision does not necessarily mean perfect vision.⁵

1. American Optometric Association, Adult Vision: 19 to 40 Years of Age. <http://www.aoa.org/patients-and-public/good-vision-throughout-life/adult-vision-19-to-40-years-of-age?sso=y> [Accessed June 26, 2014]
2. Mayo Clinic, Adult Health: When You're Choosing Sunglasses, Does UV Protection Matter? <http://www.mayoclinic.org/healthy-living/adult-health/expert-answers/uv-protection/faq-20058021> [Accessed June 26, 2014]
3. National Eye Institute, Eye Health Tips. <http://www.nei.nih.gov/healthyeyes/eyehealthtips.asp> [Accessed June 26, 2014]
4. NHS Choices, Eye Health Tips for Older People. <http://www.nhs.uk/Livewell/over60s/Pages/eyehealth.aspx> [Accessed June 26, 2014]
5. NIH Medline Plus, How to Keep Your Sight for Life. <http://www.nlm.nih.gov/medlineplus/magazine/issues/summer08/articles/summer08pg12.html> [Accessed June 26, 2014]



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