LOOK OUT! 10 TIPS FOR LOOKING AFTER YOUR SIGHT
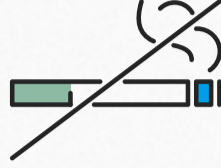
1. Sunglasses all year round

The sun's rays deteriorate our eyesight and cause problems such as cataracts, retinal burns or other conditions.

2. Do not smoke

Smoking doubles or triples the risk of developing macular degeneration.

3. Look out on what you eat

A diet rich in vitamins C and E, zinc, lutein and omega-3 fatty acids helps prevent the disease.

4. Do not strain your eyesight

Do not read from electronic devices too much. Try to read in good light and, as far as possible, with natural light.

5. Be careful at work

Wear protective eyewear to protect your eyes from harmful agents such as smoke, water, dust, wind or heat.
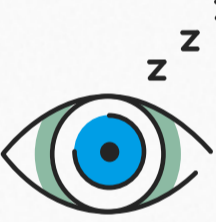
6. Keep your eyes moist

Dry eyes can be associated with intraocular pressure. Make sure you have artificial tears or eye-drops so you can moisten your eyes.
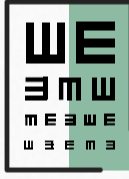
7. Stop rubbing your eyes

Try to avoid rubbing your eyes when you are tired or they are itchy, it only increases the discomfort and you may damage them.

8. Perfect glasses and lenses

Damaged glasses will make you strain your eyesight. Clean and look after your glasses and contact lens.

9. Sleep well

Ensure you sleep well and avoid overworking because it increases eyestrain.

10. Regular eye exams

Have your eyes examined at least once every two years. If you have a family history of eye disease, diabetes or high blood pressure, you should discuss it with your doctor.

Did you know that...

- ✓ Age-related macular degeneration is the main cause of severe vision loss in people aged over 65 years.
- ✓ A genetic predisposition is a critical factor in the development of the disease.
- ✓ It is essential to visit an ophthalmologist as soon as you notice the first signs of age-related macular degeneration.
- ✓ Prevention and early detection are the most effective ways of tackling the disease.
- ✓ You should not use electronic devices for more than 4 hours/day and stop using them 2 hours before going to sleep.

Eye relaxation exercises

Look at the horizon without focusing on anything, for 20 seconds in every 20 minutes in front of a computer.

Close your eyes or gently cover them with your hands and relax your eyelids.

Place cold compresses over your eyes for one minute if they are inflamed. Repeat as necessary.

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Information that cares

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