



Ten Tips for Eye Health

Ten tips for optimal eye and vision health presented by the NJ Commission for the Blind and Visually Impaired, Project BEST



1. A balanced diet promotes optimal eye health.

Foods that contain omega acids and vitamins C & E can help protect against issues like macular degeneration and cataracts. Try to incorporate foods like fish (salmon, tuna), leafy greens (spinach, kale), and citrus (grapefruit, oranges) into your meals.



2. Sunglasses can protect against sun damage.

Harmful UV rays from sunlight can lead to problems like macular degeneration and cataracts. Your risk from the sun only increases if you have light pigmented eyes. Make sure to protect your eyes outside!



3. Learn about your family's health history.

Did you know a family history of high blood pressure or diabetes can increase your risk of eye disease, like Glaucoma? Make sure to find out if eye diseases run in your family and discuss it with your eye doctor.



4. Stay hydrated.

Like the rest of the body, your eyes require plenty of water to function. Make sure you are drinking water regularly to avoid common ailments like dry eye from arising.



5. Be aware of warning signs and schedule annual eye exams.

Symptoms like chronic red eyes, problems seeing in low light, hazy vision, double vision, floaters, flashing light, and eye pain can all be indicators of eye disease. Make sure to talk to your provider immediately if you are experiencing these symptoms and get your eyes regularly examined.



6. Avoid rubbing your eyes.

Eye rubbing can cause irritation and can introduce bacteria and different viruses into the eye from the hands. Wash your hands regularly and try to avoid touching your eyes.



7. Monitor caffeine consumption.

Caffeine can not only raise your blood pressure, but it can also increase the pressure in your eyes which can lead to glaucoma. Try to cut back on excessive caffeine consumption and opt for decaffeinated coffee and tea when possible.



8. Get fresh air.

Much like your heart and lungs, your eyes need oxygen to work properly. Make sure to step outside when possible to give your eyes the air they need.



9. Take breaks when looking at computer and phone screens.

Excessive exposure to computer and phone screens can lead to eyestrain, blurry vision, dry eyes, and distance vision problems. Use blue light glasses to filter out harmful wavelengths of light, and give your eyes a 15-minute break for every 2 hours looking at a computer or phone screen.



10. Sleep well.

Like your body, your eyes need rest. Good sleep helps ensure that your eyes are well rested and do not strain.

Project BEST works to save sight and restore vision whenever it is medically possible. Services include: mobile eye examination unit; vision screening for preschool and school-age children; monthly or semi-monthly eye screenings at more than 28 fixed sites all over the state; on-site screening at institutions and in communities; special diabetic detection and awareness programs; and other specialized eye screening programs which target historically underserved populations (i.e. minorities, the elderly, migrant farm workers, etc.) Contact: (973) 648-7400

NJ Commission for the Blind and Visually Impaired

153 Halsey St., 5th Floor, Newark, NJ 07102

