

## Vision Health Connection

### Four Simple Steps to Vision Health

#### 1. Go see an eye doctor.

Visiting an eye care professional for a comprehensive eye exam is the only way to know if your eyes are truly healthy. An eye doctor can detect early warning signs of common eye diseases such as glaucoma and macular degeneration.

#### 2. Wear proper eyewear.

According to the American Optometric Association (AOA), long-term exposure to UV radiation can be serious. Such exposure increases the chance of developing cataracts and may cause damage to the retina. The AOA recommends wearing sunglasses with UVA and UVB protection whenever spending time outdoors.

#### 3. Let your eyes rest.

Follow the 20-20-20 rule when looking at a computer or phone screen for long periods of time: every 20 minutes, look away about 20 feet for 20 seconds. This will reduce the strain on your eyes, according to the American Academy of Ophthalmology.

#### 4. Give some thought to your diet.

- Vitamin C: found in strawberries, oranges, kale and many other fruits and vegetables, it lowers the risk for cataracts.
- Vitamin E: found in nuts and nut oils, it protects the cells in your eyes.
- Fatty Acids: found in butter and oils, they boost the immune system and help with visual development and retinal function.
- Zinc: found in wheat and various seeds, it plays a vital role in bringing Vitamin A from the liver to the retina.
- Lutein and Zeaxanthin: found in green leafy vegetables, they reduce the risk of eye diseases.

**You can find more vision and oral health tips by logging in to our online member portal at [DentalCarePlus.com](http://DentalCarePlus.com).**

T H E P L U S I S S E R V I C E

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**Approximately 14 million Americans, aged 12 years and older, have some sort of visual impairment. Of those, more than 11 million could improve their vision with refractive correction (most commonly glasses or contacts).**

*Centers for Disease Control and Prevention*