



37131 Euclid Ave. Willoughby, OH 44094 (440) 946-8809  
77 Normandy Dr. Painesville Twp, OH 44077 (440) 352-0616

## Top Ten Tips For Eyecare - *Distilled from the advice of eye experts across the country, and provided by Family Eyecare Clinic:*

1. Feed your eyes good food. Vitamins A, C, D, and E are especially important for both adults and children who want good eyesight. Eat lots of green, red, and yellow vegetables. Good fats, such as fish oil, are necessary, too.  
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2. Don't make your eyes work too hard! Wear the correct contact lenses and glasses. Keep your prescriptions up to date.  
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3. Protect your eyes from injury. Wear top quality, shatterproof glasses and sunglasses. Wear safety glasses for hazardous work and sports, and always follow work safety rules.  
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4. Keep your eyes clean! Bacteria can easily cause painful and damaging infections in your eyes. Be very careful putting on and removing makeup, inserting contacts, and keep tissues used for sneezing away from your eyes.  
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5. Keep your blood pressure normal. Have it checked regularly. Use natural means to lower it when possible, drugs when necessary.  
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6. Don't smoke. If you are around smokers, you are smoking.  
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7. Give your eyes a break! Look away from close work like sewing and computer screens frequently. Blink often when doing close work to keep your eyes moist.  
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8. Do "eye yoga." Blink slowly, look gently as far as you can left, right, up, down, and at your nose.  
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9. Wear sunglasses during high ultraviolet light times of the day; mornings and afternoons.  
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10. Make sure you have your half-hour eye checkup every year at your optometrist. Children should be checked before school starts for near- and farsightedness, astigmatism, Amblyopia (lazy eye) and general eye health. Adults should be checked for near and farsightedness, glaucoma, cataracts, and other issues with aging eyes.