



## Eye Care – 12 Best Tips 2021 Unlock

### Description

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## Eye Care

You can compose with excellent vision at home, at work, or behind the wheel. To keep your eyes healthy, you must succeed in a few simple steps. An eye exam makes it simple to maintain healthy vision.

A plight with your eyes.

When you're afraid of cataracts, low vision, macular degeneration, glaucoma, and diabetic retinopathy, you prioritize your eye health.

## The Twelve Best Tips for Eye Care

### 1. Preserve a balanced diet

Make it a point to consume antioxidant-rich foods such as leafy green vegetables and fish as part of a healthy diet. Foods, primarily fatty fish and salmon provide critical fatty acids to the retina, the part of the eye that provides central vision.

A high-fat diet can also cause deposits in the arteries that restrict blood flow. Because of the small size of the blood vessels that feed the eyes, they are particularly vulnerable to this.

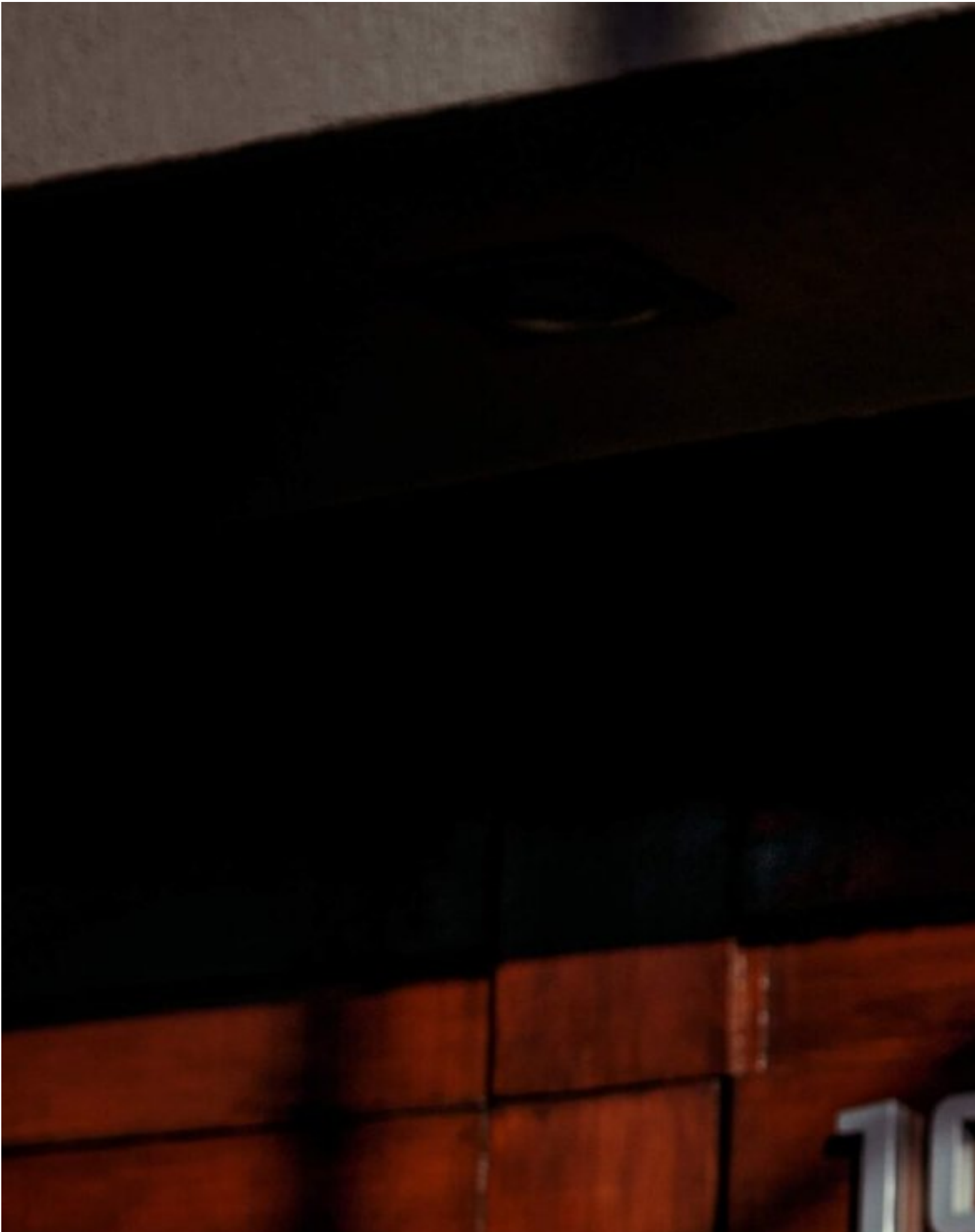
### 2. Handwashing

If you wear contact lenses, you must keep your hands neat. Hand germs and bacteria can cause eye infections and bacterial conjunctivitis (pink eye). When you touch your eye, whatever is on your fingers will be transferred directly to it. While you have frosty virus germs on your hands, rub your eyes.

### 3. Blue Light and Electronic Devices

You most likely use digital devices for hours each day at work and at home. The blue light emitted by these devices is extremely bright. Lutein is an eye nutrient found in the macula that aids in blue light filtering. Because our bodies can not produce them, we must obtain them through food or supplements.

### 4. Don't forget to wear your sunglasses.



Even on cloudy days, always wear sunglasses! Choose sunglasses that block 99 to 100 percent of UVA and UVB rays.

## **5. Don't smoke**

If you've tried only to restart the bad habit, you can quit it again. More quit attempts will increase your chances of success. Consult your doctor.

## **6. Put on safety glasses.**

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Wear safety glasses or protective goggles when working with hazardous or airborne materials. Other sports that can cause eye injuries include ice hockey, racquetball, and lacrosse. Make sure you have eye protection on. Use sports goggles or a helmet with a face mask to protect your eyes.

### **7. Consult with your eye doctor on a regular basis.**

The eye requires specialized care. Glaucoma is a difficult eye disease to identify. Experts recommend having a comprehensive eye exam every two years.

### **8. Consider thinking about your family's health history.**

Aside from all of the other factors, you may be unlucky enough to develop an eye disorder. Because eye diseases frequently run in families, As a result, you must discuss your family history of eye diseases with your eye doctor in order to be fit for a hook victim.

### **9. Avoid Rubbing Your Eyes**

Most groups appear to have an odd habit of rubbing their eyes every few minutes. The vast majority of them develop an addiction to rubbing their eyes.

The vast majority of the time, your hands pick up a slew of bacteria that cause a variety of diseases and infections. As a result, if you can avoid this unhealthy habit, but if you can't, make sure your hands are as clean as possible. If you can't get the soap out of your eyes, you can use sanitizer instead.

### **10. If you enjoy using makeup on your eyes, stick to high-quality products.**



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As it turns out, rubbing disease-laden hands more than your eyes is not the only way to harm them; eye makeup, particularly of poor quality, can do the same. Adding the tips of the liner pencils you use to improve your eyes to the list of unlikely places where bacteria can thrive is a mistake. Make it a habit to sharpen your liner pencils every three months and to replace your mascara tubes every three months. For healthier eyes, always choose quality brands when purchasing eye makeup.

## **11. Don't imbibe too much coffee.**

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To be honest, it hurts me the vast majority of the time, but I still prefer healthy eyes. If the thought of a steamy cup of coffee any afternoon is too appealing, try substituting green tea. Aside from providing hydration to the body, green tea contains numerous healthy antioxidants that work together to fight eye conditions such as cataracts and AMD (as well as vitamin C, vitamin E, zeaxanthin, and lutein).

## 12. Rest Your Eyes.

Using a computer for an extended period of time can strain your eyes. Anytime after 20 minutes, hold a burst and look around 20 feet away for 20 seconds.

### Here is the baseline.

When it comes to treating eye conditions such as AMD and glaucoma, timing is everything. The earlier they are diagnosed, the better their chances of receiving effective treatment. Speak with your eye doctor several times before it's too late.

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