

# Healthy Habits to Preserve Healthy Vision

Healthy sight allows us to experience all of the world's wonders. Our retinas make good vision possible. The American Society of Retina Specialists (ASRS) encourages you to learn about the healthy habits that can help safeguard your retinas and your sight.



## 7 Healthy Habits to Protect Your Sight

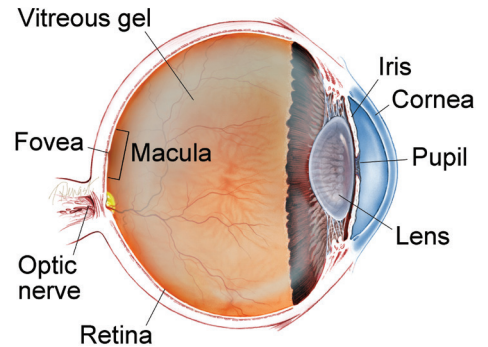
When it comes to safeguarding your vision, some simple lifestyle habits can bolster not only your overall health but also preserve healthy retinas and eyesight.

- 1 Quit smoking.** Smoking can also lead to vision loss and blindness. In fact, research shows that people who smoke are significantly more likely than non-smokers to develop AMD. To access information and help to quit smoking, call 800-QUIT-NOW (800-784-8669) or visit [SmokeFree.gov](http://SmokeFree.gov).
- 2 Control your blood sugar, blood pressure and cholesterol.** If you have diabetes, one of the best ways of lowering your risk of vision loss and preventing diabetic eye disease is to closely monitor and manage your blood sugar, blood pressure, and cholesterol levels.
- 3 Eat nutritious foods including dark, leafy greens and fish.** Research shows that consuming a diet high in Omega-3 fatty acids, lutein and zeaxanthin is associated with a lower incidence of age-related macular degeneration (AMD).
- 4 Stay active and maintain a healthy weight.** Studies have shown that people who walk for exercise are less likely to develop AMD. Exercise also helps control obesity, high blood pressure and cholesterol which benefits eye health.
- 5 Know your family history.** Ask family members if they have had vision issues. Retinal conditions including AMD, diabetic retinopathy and even retinal detachments may have a genetic component that runs in families.
- 6 Get regular dilated retina exams.** Many retinal diseases have few noticeable symptoms in early stages. With regular dilated retina exams, your eye physician can help preserve your sight by detecting symptoms of a retina condition early, before extensive damage occurs.
- 7 Protect your eyes from the sun.** Ultraviolet (UV) rays from the sun can damage not only our skin but also our eyes. Wear a pair of sunglasses that provide 100% UV absorption or block both UVA and UVB rays and a wide-brimmed hat when outdoors.

## Healthy Retinas Make Healthy Vision Possible

Think of your eye as a camera. Light enters through the cornea and is controlled by the iris and pupil, which function like a camera shutter, opening (dilating) and closing to allow more light in dark conditions and less light in bright conditions.

This focused light is directed onto the retina, a thin layer of light-sensitive nerve tissue that lines the back of the eye, like film in a camera. Images are focused at its center (known as the macula) and converted into electrical impulses that are carried to the brain by the optic nerve, where they are translated into sight!



### Healthy Vision Tip:

## Know 6 Common Adult Symptoms of Retinal Disease

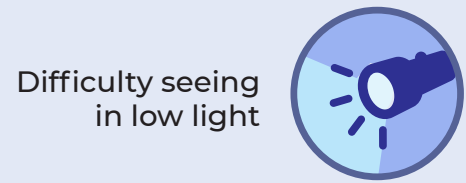
If you experience any of these symptoms see a retina specialist right away.



Loss of color vision



Blurred central vision



Difficulty seeing in low light



Wavy lines



Shadow in the field of vision



Floaters or light flashes

## Healthy Foods for Healthy Vision

Did you know? Lutein and zeaxanthin are nutrients found in the retina and macula which have been shown to protect vision. Consider adding dark leafy greens and Omega-3 fatty acids like those found in fatty fish to your diet to support healthy sight, such as:



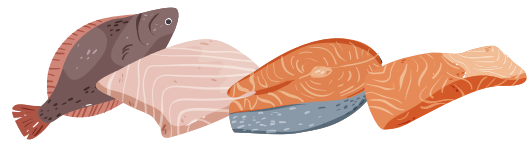
Spinach



Kale



Swiss Chard



Halibut

Salmon

Tuna

For more information about healthy vision and healthy retinas visit [asrs.org/RetinaHealth](https://asrs.org/RetinaHealth)  
Find YOUR retina specialist at [asrs.org/FindYOURRetinaSpecialist](https://asrs.org/FindYOURRetinaSpecialist)