

Wellthier by the Dozen™ 12 Terrific Tips to SEE THINGS CLEARLY

1 **Get** regular eye exams by an ophthalmologist or optometrist. A dilated exam can detect vision problems in their early stages.

2 **Know** your family's health history to find out if you are at higher risk for developing an eye disease or condition.

3 **If** you see spots and there isn't a Dalmatian nearby, get to an eye doctor right away. Also go if you become sensitive to light, feel eye pressure, or have blurred or cloudy vision.

4 **Year-round**, wear sunglasses that block 99 to 100% of both UV-A and UV-B ultraviolet rays.



5 **Be** physically active for at least 30 minutes most days.



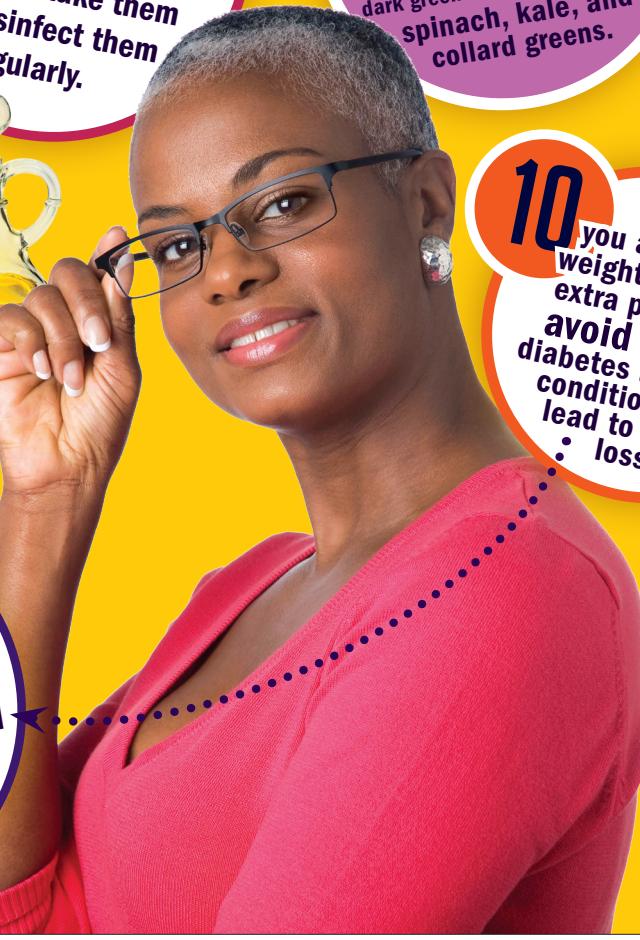
6 **If** you wear contacts, always wash your hands before you put them in or take them out. Disinfect them regularly.



7 **Discuss** vitamin and mineral supplements for eye health with your doctor.



11 **If** you smoke, get help to quit. **Smoking** increases your risk of age-related conditions that can lead to blindness.



8 **Eat** SEE-food fruits and veggies — ones rich in vitamins C and E, beta carotene, and lutein. Examples are citrus fruits, deep yellow and orange fruits and veggies, and dark green leafy greens, such as spinach, kale, and collard greens.

9 **Choose** SEA-foods with omega-3 fatty acids, such as salmon, tuna and halibut.



10 **If** you are overweight, lose the extra pounds to avoid risk of diabetes and other conditions that lead to vision loss.

12 **Rest** your eyes 20/20. If you are working at a computer or doing close-up work, look away every 20 minutes for at least 20 seconds.