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**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 Dalmation 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.



**Wellthier by the Dozen™**

# 12 Terrific Tips to SEE THINGS CLEARLY

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

**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.

8

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

9

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



10

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



11

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



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.