

# A focus on Eye Health and Safety for your family.

## Adult Eye Health

Maintaining a healthy lifestyle is an important part of preserving good eye health. Keys to healthy vision include:

- Avoiding smoking
- Eating a balanced diet, rich in dark green vegetables and foods that contain zinc, vitamins C and E, and beta-carotene
- Staying active
- Controlling your blood pressure
- Protecting your eyes from the sun by wearing eyewear that absorbs UV rays and brimmed hats or caps
- Staying current with periodic eye exams as recommended by your doctor if you have diabetes or other chronic conditions that can affect your vision



## Signs of Problems

See your doctor if you experience any of the following:

- Unusual trouble adjusting to the dark
- Difficulty focusing on objects
- Squinting due light sensitivity
- Change in color of iris (colored part of your eye)
- Red, crusty, or swollen eyelids
- Recurring pain around eyes
- Double vision
- Dark spots or floaters in vision
- Distorted or wavy lines/edges
- Watery eyes
- Itchy or burning dry eyes
- Seeing spots or ghost-like images

## Child Eye Health

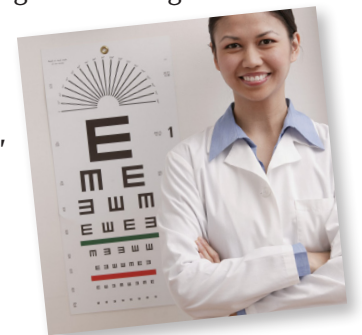
Newborns should be checked for inherited eye problems at the time of delivery. Between six and twelve months, infants' eyes should be checked again by a health care professional. At three to four years old, children should start getting their eyes checked at regular intervals.

## Eye Injuries

The most common causes of eye injuries in children are: misuse of toys, everyday objects, and tools (forks and knives, pens and pencils, garden tools), falls, contact with harmful household products (detergents, cleaning supplies, paint, glue), and car accidents. The best ways to avoid these types of injuries are to properly baby proof your home, read all warnings and instructions on toys, and be sure your children are properly secured in infant carriers and car seats.

Seek immediate medical attention if your child:

- has obvious pain or trouble seeing
- has a cut or torn eyelid
- does not move one eye as well as the other
- has one eye that sticks out compared to the other
- has an unusual pupil size or shape
- has blood in the clear part of the eye
- has something in the eye that cannot be easily removed



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For more information on taking care of your family's sight, visit Prevent Blindness America at [www.preventblindness.org](http://www.preventblindness.org) or The National Eye Institute at <http://isee.nei.nih.gov>.