OFFICIAL NEWSLETTER OF

OPTICOLOGY
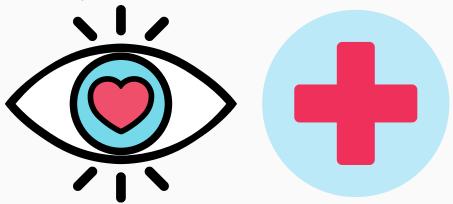## EYECARE

May 2021

Healthy Vision Month

Taking care of your eyes can be a priority just like eating healthy and physical activity. Healthy vision can help keep you safe each day. To keep your eyes healthy, get a comprehensive dilated eye exam: an eye care professional will use drops to widen the pupils to check for common vision problems and eye diseases. It's the best way to find out if you need glasses or contacts, or are in the early stages of any eye-related diseases. Here are 8 ways you can help protect your vision : 1) Get regular comprehensive dilated eye exams. 2)Know your family's eye health history. It's important to know if anyone has been diagnosed with an eye disease or condition, since some are hereditary. 3)Eat right to protect your sight: In particular, eat plenty of dark leafy greens such as spinach, kale, or collard greens, and fish that is high in omega-3 fatty acids such as salmon, albacore tuna, trout, and halibut. 4)Maintain a healthy weight. 5)Wear protective eyewear when playing sports or doing activities around the home, such as painting, yard work, and home repairs. 6)Quit smoking or never start. 7)Wear sunglasses that block 99 percent-100 percent of ultraviolet A (UVA) and ultraviolet B (UVB) radiation.8)Wash your hands before taking out your contacts and cleanse your contact lenses properly to avoid infection.

For this Healthy Vision Month, take care of your eyes to make them last a lifetime. Schedule your annual eye exam with Dr. Barger or Dr. Aelvoet today. Give our office a call or book on our website.

New Building Update:
Roof is secured and interior framing is almost completed.

Opticology Staff:
Volunteered with Special Olympics Athletes by giving eye exams.

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Your Vision is Our Passion.