

THE EYE HEALTH CHECKLIST



EYES ARE AN ESSENTIAL PART OF OUR DAILY HEALTH. BY PROTECTING YOUR SIGHT, YOUR HEALTH MAY BENEFIT OVERALL.

Issues with vision can be linked to diabetes, poor hearing, heart problems, and even strokes. Therefore, it is imperative that we each have regular exams with a trusted optometrist. We have prepared a checklist of actions you can take to support your eye health. If you have any questions or doubts about your eyes that arise from this checklist, please contact Retina Consultants.



LIFESTYLE

- Get regular comprehensive dilated eye exams
- Know your family's eye health history
- Regularly expose yourself to fresh air
- Eat right & maintain a healthy weight

COSMETICS

- Purchase safe, quality products
- Check makeup expiration dates and throw away old makeup
- Never share your face towel, eye liner, mascara, or fake lashes

PROTECTIVE GEAR

- Wear protective eye wear when playing sports or doing activities around the home
- Wear sunglasses that block 99-100% of UVA and UVB radiation

SAFE HANDLING

- Wash your hands before putting in or taking out your contacts
- Avoid rubbing your eyes
- Cleanse contact lenses regularly
- Take contacts out prior to going to sleep

TECHNOLOGY

- Keep screens within 20-24" of your eye
- Place top of your computer screen slightly below eye level
- Look away from the screen at least every 20 min, gazing at a distant object (20 feet away) for 20 seconds

SYMPTOMS

- Decreased or hazy vision
- Eye pain or swelling
- Double vision or floaters
- Drainage or redness