

Do you have good eyesight? Some people are made to wear glasses or contacts at an early age, while others do not suffer eye problems until their golden years. No matter which category you fall into, it's important that you take every step you can to ensure you maintain good eye health.

Eat your vegetables. Living a healthy life is all about eating the right foods and avoiding the bad ones. Leafy green vegetables are packed full of Vitamin A and Vitamin E, which are very useful vitamins that help the body perform many of its necessary functions, such as repairing and replacing dead skin cells, thus preventing wrinkles and fine lines.

Avoid touching your eyes with your hand during the day if you had not washed your hands. When you are on the job or in school, your hands are in contact with surfaces that are full of bacteria. If you touch your eyes, you will transfer the bacteria to your eyes and raise the risk of an eye infection.

Wear protective eye gear. Sunglasses are great when it comes to protecting your eyes from the sun, but when you're on the job and need to protect your eyes from sawdust, debris, or sand make sure you wear tougher eye gear than just a pair of goggles. Goggles are a must-have for anyone working in these kinds of environments.

If you work in an environment where particles or objects may become airborne, wear safety goggles. Though many construction sites require them, other professions may not. Look around at your work environment. Consider how the various objects may encounter your eyes. If you perceive potential danger, purchase a pair of safety glasses.

If you spend a lot of time on the computer, take regular breaks. For a minute or two each hour, focus on a distant object. This will allow your eyes to readjust. You will experience less eye strain and reduce the number of headaches that you experience throughout the week. For therapy with families, couples, relationships select New Vision Counseling and visit these [Marriage & Family Therapists in Edmond Oklahoma](#)

Do you play sports? Certain contact sports, like lacrosse and ice hockey, can be dangerous for your eyes. Make sure you wear either sports goggles or a face mask to limit your risk. While it may seem strange to wear them at first, you will quickly get used to them.

Avoid looking at your computer screen for too long. Take a break every half hour to give your eyes a rest from the strain. Staring at your computer can cause dry eye because you do not blink as often, so make an effort to blink every 30 seconds while you are at your computer.

Visit a vision specialist at least once a year for a comprehensive exam. Even if you can see fine, there may be issues going on. If left undetected, some of them can create huge problems down

the line. Properly treated, you may be able to avoid vision challenges that were headed your way.

Quit smoking immediately. Smoking is terrible for your eyes as it will restrict the blood flow that you need to keep your eyes functioning properly. Additionally, smoking can disrupt your immune system, which is needed to flush out the free radicals in your body. This will make you feel better while improving the health of your eyes.

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You may not realize how important staying physically fit is for the health of your eyes. Being overweight can cause a number of health problems, one of them being glaucoma. Exercising for about a half an hour each day can reduce pressure on your eyes by as much as 20%!

Taking advantage of all of your options concerning eye care is going to prove extremely beneficial. You don't want to suffer from eye ailments due to poor eye care. Instead, use all the vital information discussed here so that you can work on having the best eyesight in the future.

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