

# MARCH

## Eye Care

Many people underestimate the importance of proper eye care. There are many things that you do in your daily life to ensure that you are not damaging your eyes and causing long-term problems. From adjusting the lighting in your workplace to eating healthy, you can reduce your odds of acquiring vision loss and eye disease.

### Lighting in the Workplace

#### Reminder

To prevent damage to your eyes from the sun, you should wear sunglasses all year round, even in the winter.

Many offices are not properly lit. If your monitor sits in front of a window, or the lighting in your office is brighter than your monitor, you may have “discomfort glare.” Discomfort glare strains your eyes and can cause headaches and migraines.

To determine whether you have discomfort glare, wear a hat with a large brim for a few of hours at your workspace. If you feel better with the hat on than off, your overhead light is brighter than your monitor.

Another trick is to place a piece of white paper to the side of your monitor a few inches away from the screen. The paper should have the same level of brightness as your monitor. If the paper or the monitor is brighter, adjust your screen accordingly.

### Vision Loss Prevention Tips

- A moderate amount of exercise can increase the flow of blood to eyes, helping to keep your eyes healthy
- A diet rich in vitamins A, C, and E is beneficial for your eyes
- Smokers, versus non-smokers, are more likely to develop significant vision loss. Quit today for the health of your eyes.
- Heavy drinking can increase your odds of developing cataracts
- Follow all eye safety procedures at work
- Be aware of the eye hazards in your workplace and execute caution
- Report any injuries to your eyes immediately

*Have your eyes examined regularly by an optometrist*

