

Diet

Lifestyle

Exercise

Eat a balanced diet.

You might wonder how diet affects your eyes. What if we told you that good nutrition and exercise can prevent or even reverse the effects of diabetes – the leading cause of blindness in 40-60 year olds. Diabetes is easily detected through regular eye exams.

Up your antioxidants.

Research shows that a diet high in antioxidants can help prevent eye diseases associated with free radicals. Antioxidants neutralise free radicals helping to prevent diseases like cataracts and Macular Degeneration – an irreversible loss of central vision that affects 1 in 7 people over the age of 50. See how you can boost your intake of antioxidants.

Sources of antioxidants.

- Oranges, kiwifruit, dried apricots, green leafy vegetables, tomatoes, capsicums, carrots, spinach.
- Vitamins A, C and E.
- Minerals like Zinc and Selenium.
- Carotenoids such as Leutin and Zeaxathin

Avoid ‘bad’ fats.

Research shows that ‘bad’ fats like trans-fatty acids and cholesterol (or LDLs), contribute to Macular Degeneration as well as diabetes and heart disease. Bad fats are found in many processed food products.

Get computer savvy.

There are ways to minimise the eyestrain that computers can cause. Take a look at our tips.

Tips for healthy computer eyes.

- Take a 15-second break every 15 minutes and focus on an object in the distance.
- Position any reference material the same distance from your eyes as your computer, so you don't need to re-adjust your focus.
- Get anti-reflective coating on your glasses to prevent glare and lens reflections.
- Make sure light sources are not in your direct line of sight or reflecting off your computer screen.
- Check your eyes are working at their best – we can give you an eye test to rule out any serious reasons for eyestrain.

Prevent dry eyes.

Fish oils are an important part of your eye-health diet. Rich in omega 3, they improve the oil layers in your tears preventing dry eyes. Warm compresses over the eyes will also help as you get older. There are many over-the-counter dry eye remedies, but the wrong one will only make your problem worse. So talk to us about the most appropriate treatment for you.

Wear your sunnies.

UV rays and blue light are known to damage the eye, leading to diseases like Macular Degeneration, cataracts and cancer of the eye or eyelids. Protect yourself with a good pair of sunnies. We can help you select the right pair to suit your lifestyle. Reduce glare with polaroid filters and tint colours, and make sure you get a pair for the kids – their eyes are more susceptible to UV damage. Wear a brimmed hat to catch those rays your sunnies don't stop.

Give up smoking.

Smoking is one of the highest risk factors for major eye diseases. Glaucoma, cataracts and Macular Degeneration are all linked with smoking. More good reasons to quit!

Get therapy.

Vision therapy that is! We all see best when our eyes work in unison, but sometimes that doesn't happen. Vision therapy includes a variety of eye exercises that help to improve speed, accuracy and efficiency of visual processing, as well as teaching the eyes to focus accurately and track smoothly. Often used to help lazy eyes develop, and in rehabilitation after trauma or surgery, vision therapy can also improve the eyes' ability to work at different distances.

The Eye People can help with all aspects of your eye health, vision and general wellbeing.

Talk to us today.

Eye health starts here.

- Enjoy a diet rich in bright coloured fruit and green leafy vegetables.
- Limit your intake of 'bad' fats.
- Give up smoking – it's the biggest avoidable risk.
- Eat fish and nuts at least twice a week.
- Consider a vitamin and mineral supplement – ask your doctor for advice.
- Exercise regularly.
- Have your eyes tested at least every two years to detect problems early.

Laubman & Pank's eye health tips



Diet and lifestyle can really affect your eyes. So maintaining eye health begins with what you eat and the way you live.