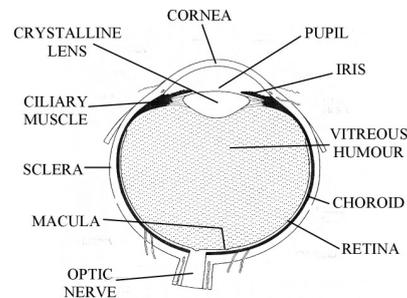


Top ten tips for looking after your eyes



1. Regular eye examinations

A regular eye examination will often pick up eye conditions before you are aware of them yourself and before it is too late to treat them. An up to date prescription in your spectacles will get the best out of your eyes while reducing strain and fatigue. Book an eye examination today!

2. UV protection

UV light, usually from the sun is the major contributor to ageing of the eye. It is a risk factor in cataract and macular degeneration, two of the major age related problems of our eyes as we get older. Avoiding UV can slow down the ageing process. It is not necessary to wear sunglasses to avoid UV. A clear UV blocking coating can be applied to most spectacle lenses. Also, modern anti reflection coated and photochromic lenses (those that go darker in the sun) have a 100% UV block built in. Ask to have your current spectacles tested today and get advice on which option is right for you.

3. Nutrition

We are what we eat and this is true for eyes. The pigments in our retina (the light sensitive layer in our eyes) allow us to see and they come from our diet. Certain foods are rich in these pigments. We can give you advice on your diet and whether nutritional supplements are appropriate for you.

4. Stop smoking

If you smoke you risk sight threatening conditions such as macular degeneration, the biggest cause of blindness registrations in this country. Smoking releases free radicals into our bodies and prevents our natural resistance to them. They contribute to the ageing process of UV light. Smoking also is responsible for hardening of the small arteries in our eyes risking leaks of blood in our retinas and preventing the removal of harmful waste products from our visual system.

5. VDU usage

Don't stop using computers! Use them in the correct way. We can advise on lighting, screen brightness, work position and duration of sessions on the VDU. Computers do not cause harm to your eyes but you may get ocular fatigue if your work environment, spectacles or work pattern are not ideal for you.

6. Lighting

As we age our eyes change considerably. One very noticeable difference is that less light gets through to the back of our eyes so we need to illuminate what we are looking at more and more. Lighting used correctly can make a very big improvement to everyday tasks such as reading. Used incorrectly it can cause more trouble such as glare problems. Optometrists have been trained to advise correctly for differing tasks.

7. Dry eye prevention

An increasing problem as the population ages is dry eye disease. Typically it affects over 40s but not exclusively and is often a side effect of other general health problems and some prescription drugs. We can give your eyes a full assessment and advice or treatment to ease this uncomfortable condition.

8. Make up

Avoid heavy eye make up and powdery make up. Greasy eye make up is a common cause of blockages of the tear glands causing dry eye symptoms. Powdery foundation and eye shadow can cause allergic responses in the eyes. We can test for these problems and advise accordingly.

9. Spectacle Fitting

Have your spectacles regularly checked for fitting and ask for an ultrasound clean. If your spectacles do not fit correctly, it can reduce the effectiveness of your prescription. You will not be seeing as well as you can and they may be uncomfortable to wear. Call in for a check on your specs. We can also clean your specs with ultrasound to remove deep ingrained dirt. Beware! You may not recognise your specs after this!

10. Don't sit on it!

Don't ignore an eye problem that's worrying you. Get it checked. Often it is nothing to worry about but it is never a waste of time to be sure and it is never a waste of our time to check it for you. Your eyes are too important!

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