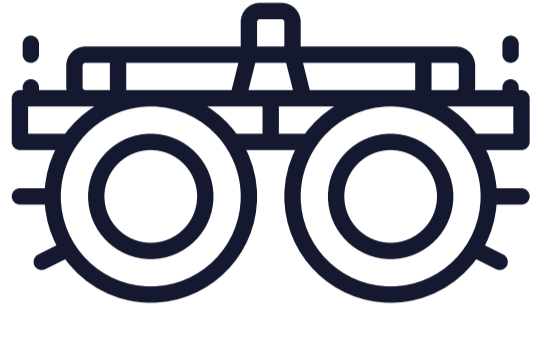


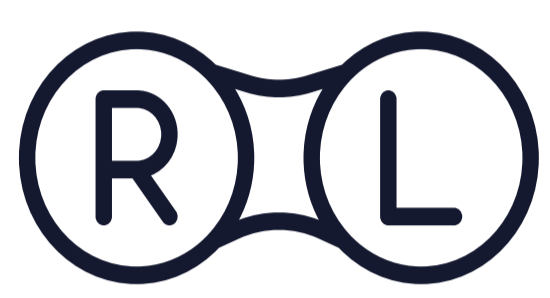
# FAMILY EYE HEALTH CHECKLIST

## TESTS FOR ALL SEASONS



### Eye Health Check

Regular eye wellness checks promote overall eye health by detecting issues early, preventing potential diseases, and ensuring optimal vision. These comprehensive exams go beyond prescriptions, offering insights into eye conditions, supporting early intervention, and providing personalised advice for maintaining vibrant eyes.



### Annual Sight Test

Regular sight tests offer many benefits, ensuring glasses and contact lens prescriptions remain accurate. Contact lens assessments guarantee comfort and hygiene and promote optimal use. By identifying and addressing issues early, your eyes stay healthy and your vision remains sharp. Prioritise routine sight tests for personalised, preventive eye care.



## SPRING

### Address Seasonal Allergies

Maintain good eye hygiene by regularly cleaning your eyelids and avoid eye rubbing- this can introduce bacteria and lead to eye infections. Wear sunglasses to shield your eyes from airborne allergens outdoors.

Ensure you visit your local GP or Ophthalmologist for a full comprehensive examination to ensure there are no underlying issues.

### Practice Digital Eye Care

With increased outdoor activities, balance screen time with regular breaks. Follow the 20-20-20 rule: every 20 minutes, look at something 20 feet away for at least 20 seconds.

### Educate on Eye Safety

Discuss the importance of eye safety with your family. Emphasise the risks of playing with sharp objects and the significance of protective eyewear during sport and outdoor work activities.

## DAILY CHECKLIST



### Blink Regularly

Remember to blink regularly to prevent dry eyes and maintain moisture, especially when focusing on screens for extended periods.



### Follow the 20-20-20 Rule

Every 20 minutes, look at something 20 feet away for at least 20 seconds. This reduces eye strain and fatigue from prolonged screen use.



### Stay Hydrated

Maintain good hydration for overall health, including eye moisture. Drink 6-8 glasses of fluid per day (1.2 Litres). This includes fluids such as squash, fruit juice, soft drinks, tea and coffee.



### Eat Eye Friendly Food

Include a balanced diet rich in nutrients like Omega-3 fatty acids, vitamins C and E, and Zinc to support optimal eye health. Foods such as Carrots, Broccoli, Lean Meats and Eggs are rich in these nutrients.



### Wear Sunglasses

Wear sunglasses that block from harmful UV rays to prevent long-term damage and reduce the risk of cataracts and other eye conditions.

## UV Protection

Invest in quality sunglasses that provide 100% UV protection for every family member. Always buy a pair marked with a CE (Conformité Européenne) or Kitemark (the British equivalent).

These guarantee your protection from ultraviolet (UV) light, which is thought to play a role in a number of eye conditions. Sunglasses needn't be expensive to be effective, but they should be CE-marked to ensure quality.

## Limit Screen Time

Encourage breaks from digital devices, especially during outdoor activities. Prolonged screen time can contribute to eye strain, so be sure to balance technology and outdoor time.

## Protective Eyewear for Water Activities

Whether swimming in the pool or at the beach, wearing protective eyewear can prevent irritation from chlorine, saltwater, or sand.

## Stay Cool and Avoid Heat Stress

High temperatures can lead to dehydration and eye discomfort. Stay cool, and wear wide-brimmed hats to shield eyes from direct sunlight.



## SUMMER

## AUTUMN

### Combat Indoor Dryness

Counteract the dry air caused by heating systems with humidifiers. Sufficient humidity helps prevent dry eyes and discomfort.

### Ensure Adequate Lighting Indoors

With shorter daylight hours, ensure proper lighting indoors for activities such as reading or working. Adequate lighting reduces eye strain significantly.

### Maintain a Nutrient-Rich Diet

Continue to prioritise a diet rich in eye-friendly nutrients, including vitamins A, C, and E. Incorporate seasonal fruits and vegetables such as; Pumpkin, Sweet Potatoes, Dark Leafy Greens and Squash are great foods to maintain optimal eye health in the colder months.

### Promote Sleep Hygiene

Encourage healthy sleep habits, getting enough quality sleep supports your overall eye health. Create a relaxing bedtime routine and ensure the whole family gets plenty of rest.

### Contact Lens Care & Hygiene Practices

If family members wear contact lenses, reinforce proper hygiene practices to prevent dryness, discomfort, and potential infections exacerbated by winter conditions.

Wash hands thoroughly before handling lenses, adhere to prescribed wearing schedules, and use recommended cleaning solutions. Remove lenses before swimming or sleeping, and replace them as advised by your eye care professional. Consistent care minimises the risk of infections, discomfort, and promotes clear vision and comfort.

### Protect Eyes from Winter Winds

Shield your eyes from harsh winter winds by wearing hats and protective eyewear. This is especially important during outdoor activities.

### Prevent Eye Irritation from Indoor Heating

Prevent eye irritation from indoor heating by maintaining adequate humidity levels with a humidifier. Position yourself away from direct blasts of hot air, and use lubricating eye drops if necessary. These measures combat dryness and discomfort.

## WINTER

Mr. David Anderson is the founder and medical director at Anderson Eye Care. With over 30 years of experience, he personally performs all of our procedures, consultations and assessments.

**Take the first step towards better vision.**

**BOOK YOUR CONSULTATION TODAY**

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