



Top ten tips for healthy eyes.



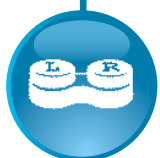
Visit your eye-care professional

for an eye test at least every two years, to check not only your vision but also your eye and general health.



Blink frequently

and take regular breaks, especially when working on a computer. Also check that your screen and keyboard are positioned correctly.



Wear your glasses or contact lenses

to help you perform better at work, rest and play.



Drink water

at least six to eight glasses a day, to stay hydrated. Your tears and the delicate skin around your eyes are particularly susceptible to dryness.



Wear eye protection

for DIY activities and at risk sports, and remember UV protection for eyes is as important as sunscreen for skin.



Wash your hands regularly

to help reduce the spread of colds, runny eyes and eye infections, and always wash hands before handling contact lenses.



Stop smoking

because smokers are twice as likely to go blind in later life. You only have one pair of eyes, look after them.



Be aware

of your family history of eye conditions, such as glaucoma and macular degeneration, and take professional advice on how to prevent or delay onset.



Eat a balanced diet

including colourful fruit and vegetables, and maintain a healthy weight, to help prevent high blood pressure and diseases such as diabetes, which impact on eye health.



Take prompt action

if you experience any change with your eyes, as prompt diagnosis and treatment can help reduce long term problems. Every day, ask yourself: "Do my eyes look good, feel good and see well?"