



Virginia Eye Institute

BRINGING YOUR WORLD INTO FOCUS

Women's Eye Health and Safety

Every year, more women than men are diagnosed with eye diseases and conditions and increasingly, are exposed to potentially serious eye injuries at work. So it's important for women to keep their eyes healthy and safe. Prevent Blindness America provides tips for women to keep their eyes healthy:

Get an Eye Exam – All women should make regular eye exams part of their health routine. PBA recommends everyone receive a comprehensive eye exam by age 40, if not earlier, and follow up care as recommended by an eye care professional. To make an appointment with Virginia Eye Institute, please call: Richmond: (804) 287-4216 or Tri-Cities: (804) 733-7300.

Know Your Family History – Genetics plays a key role in eye disease. Research your family's health history and notify your eye care professional of any eye diseases that run in the family.

Eat Healthy – A diet rich in beta carotene, lutein, zeaxanthin, zinc and omega-3 fatty acids can also help guard against vision loss from eye disease.

Take Supplements – Antioxidants have been shown to actually reduce the progression of some eye illnesses, including AMD. Vitamin A, riboflavin (vitamin B2), vitamin C and zinc are good sources to help maintain eye health. Consult your physician before taking any vitamins or supplements.

Quit Smoking – Smoking, even second-hand smoke, increases the risk of eye disease.

Wear UV Eye Protection – When venturing outdoors, PBA recommends wearing brimmed hats in conjunction with UV-rated sunglasses (labeled: absorbs 99-100 percent of UV-A and UV-B rays). UV rays are extremely dangerous to the eyes and have been linked to the development of cataracts and AMD later in life.

For more information on eye health and Virginia Eye Institute's services, visit www.VaEye.com.

