A Helpful Article About Eye Care That Offers Many Useful Tips

Caring for your eyes is a chore most people never bother thinking about. They have so much on their plate, the thought of what their eyes need from them never comes to their mind. Do you know about eye care? If the answer is no, this article is for you.

If you work in front of the computer all day long, you should rest your eyes frequently. Your eyes tend not to blink when you are staring at the computer screen. This can cause dry eyes and other eye stress. Look away every ten minutes or so and blink to rest your eyes.

What you eat is very important to the health of your eyes. A diet that is rich in vitamin A and omega-3 fatty acids are helpful to good eyesight. Many vegetables like carrots and broccoli are rich in vitamin A. Fish and nuts can provide you with the omega-3 that you need.

When shopping for sunglasses, it is important that the lense says it offers 100% UV protection. It is not enough to just have tinted glass because the sun's radiation can still penetrate the glass and damage your eyes. UV protection will block out the radiation and protect your eyes from damage.

Don't stare at the computer screen too long. You can end up with issues like eyestrain, blurriness, headaches, dry eyes, and decreased distance focus. Try taking breaks every 20 minutes or so by looking 20 feet away from the screen for about 20 seconds. This can help you rest and re-focus your eyes to reduce or prevent those eye issues.

Wearing sunglasses can really protect your vision. UV rays can damage eyes even when it's cloudy. Look for [specsavers home eye test](#) that offer UV protection. The extra cost is worth the benefits.

Don't strain the eyes for too long. When you strain your vision and focus on something, such as a computer or television screen, you typically forget to blink as much as you should. When you don't blink enough, it means your eyes are getting the lubrication they need, which can lead to more serious problems.

When you find that you are blinking often, you might have an problem with your eyes. If your eyes are not dry, the possibility exists that you may have a tic due to stress. If your excessive blinking is caused by stress, find ways to relax. If you do not think it's a tic, talk to an ophthalmologist.

To care for your eyes, you must be a healthy weight. Obesity leads to diabetes which can create great damage to your eyes. It also leads to glaucoma, hypertensive retinopathy and other conditions which can lead to blindness. The healthier your body is, the healthier your eyes will be, so lose weight!

When doing any type of work, avoid injuring your eyes by always wearing protective glasses. This is especially important if you job entails handling airborne or hazardous materials. You should also wear protective eye wear when playing sports since certain sports such as racquetball, lacrosse or hockey can cause eye injuries.

To make sure your eyes stay healthy, give up cigarettes. Smoking can raise the risk of developing macular degeneration, cataracts and damage to the optic nerves. If you have tried to stop before but have restarted, start again. The more you try to quit, the better your chances of success.

People who have allergies often have red and itchy eyes. Be careful to avoid rubbing them because that will only make the problem worse. If you have seasonal allergies you can take medication to prevent the symptoms, and you can also use allergen-reducing eye drops. Make sure to follow the directions for the eye drops to avoid future problems.

Chilled cucumber slices applied to the eyes can reduce swelling and rest and relax the eyes. Cut a cold cucumber into quarter inch slices, then place them onto your eyelids and close your eyes for 10 minutes while you relax. Soaking green tea bags in cold water can also reduce inflammation.

There is so much to learn about eye care, so don't stop with this article. Continue reading more tips and tricks on the topic so you can have a comprehensive view of what you need to do. The more you learn, the better, so go out and keep reading!