



All Of Your Eye Care Questions Answered Here

Whether or not you need glasses, taking care of your eyes is important. If you do not practice proper eye care techniques on a daily basis, you can be risking your vision. These techniques are simple to do, so there is no reason not to take good care of your eyes.

Keep your eyes protected from the sun. You should wear quality sunglasses to protect them from UV rays. If your eyes are frequently exposed to UVB rays, your risks for macular degeneration and cataracts increase. Try picking a pair of sunglasses that block between 99 and 100 percent of UVB and UVA rays.

Take dry eyes very seriously if you suffer from this condition. While everyone experiences some dryness, either due to being tired or environmental influences, it can be damaging if it's happening too frequently. Talk to your eye care professional about possible treatments for your dry eyes, to prevent long-term damage.

Schedule an exam in the future. A lot of people simply aren't visiting their eye doctor as regularly as they should. You should have your vision checked at least once in your twenties and then twice in your thirties, but that's only if you don't have history or symptoms of vision problems.

Invest in a pair of sunglasses. Wearing the right sunglasses can keep eyes protected from UV rays. You're going to need to stay away from this to not get macular degeneration or the problem with cataracts. Wear sunglasses that block out all of the sun's rays. Wraparound sunglasses will help even more.

Staring at a computer can cause a lot of strain on your eyes, which can lead to a number of issues, such as migraines, dry eyes, and difficulty seeing. This is why you need to take proper precautions when you know you are going to be on the computer for awhile. Be sure your computer is at a position in which your eyes are on the same level as the monitor and if possible, wear glasses.

Do you play sports? Certain contact sports, like lacrosse and ice hockey, can be dangerous for

your eyes. Make sure you wear either sports goggles or a face mask to limit your risk. While it may seem strange to wear them at first, you will quickly get used to them.

Visit a vision specialist at least once a year for a comprehensive exam. Even if you can see fine, there may be issues going on. If left [specsavers home visit](#) , some of them can create huge problems down the line. Properly treated, you may be able to avoid vision challenges that were headed your way.

Make sure you have good light when you are reading, especially if the book you are reading has fine print. Although your eyes will not be damaged by reading in dim light, the eye strain it causes will make your eyes feel tired. You should take a break occasionally while reading, especially if your eyes begin to feel tired.

Do you wear contacts? If so, make sure you have a pair of glasses that you can wear if your eyes get irritated. You do not want to make the situation worse by forcing yourself to wear the contacts because serious problems can result. Also, make sure you keep the contacts very clean.

Know your history. If your parents or grandparents had trouble with their eyes, chances are you will too. Make an effort to get checkups at the eye doctor more often, to ensure that no problems have developed. And, if you are diagnosed with anything, make sure your family members know about it.

Stop smoking to increase the longevity of your eye health. Smoking boosts the chances of getting macular degeneration, optic nerve damage, and cataracts. If you have been unsuccessful when you tried to quit smoking, try again. The more times that you try to quit smoking, the more your chances of success increase.

If you do not care for your eyes, you can end up suffering from all sorts of unpleasant vision issues. Potentially, you could even up blind. Fortunately, taking good care of your eyes is not difficult when you understand the principles of eye care. Use the advice you have read to safeguard your eyes.