

TIP OF THE WEEK



Protect Your Vision

Age-related eye changes are common, but there are some steps you can take to reduce your risk for visual impairment:

- **Get regular, comprehensive dilated eye exams**, as recommended by your healthcare provider.
- **Stay healthy and get regular overall physicals.** Exercise, stop smoking, maintain blood pressure, and control diabetes if you have it.
- **Eat a diet rich in green, leafy vegetables and fish.**
- **Wear sunglasses** and a wide-brimmed hat when out in bright sunshine.
- **Wear protective eyewear** when sports or work are a risk for eye injury.


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