

JulEye is National Eye Health Awareness Month

You can look after your eyes and sight by...



**Having
regular
eye
check-ups**

How often
do you need
to have your
vision
checked and

an eye examination? Optometry Australia recommends that children have a full eye examination with an optometrist before starting school and regularly as they progress through primary and secondary school.

Eye check-ups for adults are generally recommended with a registered eye care practitioner (optometrist or ophthalmologist) every second year. (People with eye disease or risk factors may need eye examinations more frequently).

Arrange eye examinations and reviews for family and friends at risk

Did you know that sixty per cent of children identified as 'problem learners' are challenged by 'poor vision?' Additionally, 1 in 5 Australian children are either suffering from an undetected vision problem or requiring ongoing assessment. Children are often unaware or unable to express the fact that their vision is blurry.

In terms of older people there is also a link between poor vision and falls among older Australians.

Protect your eyes from UV light



Is ultraviolet (UV) light bad for your eyes? Yes, eye diseases such as cataracts and age-related macular degeneration can develop due to too much UV light exposure. However, it is easy to protect your eyes by wearing sunglasses with good UV protection and a hat. Get your kids use to putting on sunglasses AND a hat when they go outside.

Maintain a healthy lifestyle

How is good food important for eye health? Diets high in anti-oxidants (such as from green leafy vegetables), Omega 3 fatty acids (such as from fish, linseeds), various vitamins (including Vitamins E

and C) and minerals (including Zinc and Selenium) can help prevent or slow macular degeneration in some people. Good eating habits combined with exercise help prevent diabetes, which is a significant cause of vision loss in Australia.

Smoking has also been linked to macular degeneration and is also a cause of cardiovascular disease, which may affect the eyes and vision.

Protect your eyes from hazards

Do you wear safety glasses when you are mowing the lawn? Protect your eyes with safety glasses when working outside if there is a risk of eye injury. Sixty per cent of eye injuries happen at work and most incidents are preventable. Follow directions to lower shields on machinery and wear safety glasses.



<https://www.visionaustralia.org/information/eye-health/eye-care>

<http://archived.optometry.org.au/your-eyes/your-childs-eyes/>