

# EYE HEALTH TIPS

PART 4 of 5-PART SERIES



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## LIFESTYLE IMPACTS EYE HEALTH...

Researchers expect that, as the population gets older, the number of people who are visually impaired or blind will double by the year 2050!

## STOP SMOKING TO IMPROVE EYE HEALTH...

Smokers are 7 times more likely to suffer from cataracts, age related macular degeneration, and diabetic retinopathy. A pregnant smoker increases vision problems for her baby!

Once a person quits smoking, their risk for some eye diseases may lower to the same level of a non-smoker.



## ACTIVE LIFESTYLES REDUCE EYE HEALTH RISK...

Sedentary lifestyles lead to chronic health problems like heart conditions, high blood pressure, and type 2 diabetes.

Keeping your body active helps keep your eyes healthy!

## SLEEP LETS YOUR EYES REST...

Lack of sleep can cause irritated, sore, and dry eyes. Also light sensitivity! 7-9 hours of sleep daily is recommended for your body to recover and your brain function at full potential.



## RATE YOUR LIFESTYLE...

To determine whether yours is currently an **Active** or a **Sedentary** lifestyle, ask yourself these questions:

- Am I scheduling one-hour of exercise at least three days each week?
- Do my food choices produce the energy needed for my exercise?
- Are the liquids I choose to drink keeping my body hydrated?
- Is my daily sleep time allowing my body to rejuvenate?



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