



BalanceHealthSM

Newsletter

July 2013 | Written by the wellness experts at eni



Keeping Your Eyes Healthy

Eye health is a very important piece of overall wellbeing. As with most body systems, eye health naturally declines as we age. However, there are many steps we can take throughout our lives to keep our eyes healthy.

Schedule Regular Eye Exams:

Preventative care is important for maintaining eye health. Children should have their first eye exam between 6 and 12 months old to detect any visual problems that could impede their development. A follow up eye exam is recommended at 3 years old and third exam should be conducted before the child enters 1st grade. After that it is recommended, that children and adults with no serious vision issues receive eye exams once every two years. After age 40, it is recommended that adults schedule yearly eye exams to detect and prevent age related ocular conditions including macular degeneration, cataracts and glaucoma. It is also important to give your optometrist an accurate health history as there is a link between illness and eye health. In fact, hypertension and diabetes can be detected by looking at the back of the eye.

Protect Eyes from Irritants:

There are so many environmental toxins that can aggravate eyes, but there are also ways to neutralize these irritants. Heating systems in homes and offices create dry air, which can in turn, dry and irritate eyes. A humidifier helps keep the air moist causing far less eye irritation. Pet hair and dander often causes eye irritation, so it is important to keep pets off of chairs, couches and beds. Always keep saline solution in your home so you can flush your eyes if you get soap or household cleaners in your eyes.

Protect Eyes from the Sun:

Exposure to UV light can damage eyes just as it damages skin. UV light exposure contributes to the development of macular degeneration and cataracts. Protect your eyes by wearing sunglasses with 100% UVA and UVB protection each time you are outside. Be sure to protect your children's eyes with sunglasses as well.

For more information or advice about eye health contact your Wellness Coordinator by calling:

1.800.327.2255

eni's BalanceHealth program is a confidential service provided by your employer to help you achieve and maintain a healthy lifestyle.





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Be Careful With Contacts

Contact lens wearers are especially susceptible to eye irritation. In addition to cleaning your contacts, also clean your lens case and keep it in a clean, dry place. It is also recommended that you replace your lens case every three months. If you are going to be exposed to dry air, lubricate your eyes with drops. It is also not a good idea to expose your contacts to pool or hot tub water as it is full of chemicals. Although most people fall asleep with their contacts in from time to time, in general try to remember to remove your contacts each night to keep eyes healthy.

Eye Health and Nutrition:

There are certain foods and beverages that can help keep your eyes healthy. Leafy green veggies like spinach and kale are high in lutein, which may help reduce the risk for macular degeneration and cataracts. Fish that is high in Omega-3 fatty acids, such as salmon, tuna and halibut, also helps reduce the risk of developing eye conditions later in life. Carrots, sweet potatoes and other foods that are high in beta-carotene help with night vision. Foods such as beans, lean red meat and poultry, that are high in zinc can help protect eyes from the damaging effects of light. Finally, having two servings of caffeine per day can protect against dry eyes.

Eyestrain and Your Computer

Eyestrain is a common office complaint due to the widespread use of computer screens. If you sit at a computer all day, use these tips to reduce eyestrain:

- To reduce glare, position your screen so that outside windows are to one side, rather than behind the screen or opposite it.
- Adjust the screen's brightness and contrast for your best comfort. You may need to readjust it as the surrounding lighting changes throughout the day.
- If your screen has color options, experiment with different colors until you find one that's easy on your eyes. Green or amber text on a black background is recommended for extended use.
- To reduce strain on your eye muscles, the screen should be 18 to 28 inches from your eyes and slightly below eye level.
- Take a short break from staring at the computer screen every 20 minutes. Glance across the room or out the window, focusing on objects at least 20 feet away. Look away from the screen, roll your eyes up and down, around, and side to side. Gently massage the bony area around your eyes (but avoid rubbing your eyes.)

Use these simple tips to preserve eye health long into your golden years!

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