

KEEP YOUR EYES HEALTHY



PROTECT YOUR SIGHT

Macular Society
Isle of Man

RNIB
Isle of Man

Supporting people
with sight loss

**MANX
BLIND
WELFARE
SOCIETY**



HOW YOU CAN KEEP YOUR EYES HEALTHY

Regular eye test

Have your eyes checked at least once every two years, even if there is no change in your vision, as an eye examination can often pick up the first signs of an eye condition, allowing you to get vital treatment at the right time, which could save your sight.



Keep eyes covered in the sun

The sun's UVA and UVB rays can harm your eyes, so wearing glasses or contact lenses with a UV filter can help protect your sight.



Eat healthily & watch your weight

A diet low in saturated fats and rich in green leafy vegetables may help delay the progression of cataracts and age-related macular degeneration. Oranges, kiwis, nuts, seeds and oily fish may also help prevent and slow down some eye conditions.



Don't smoke

Not smoking massively reduces the risk of developing age-related macular degeneration, one of the biggest causes of blindness in Britain.



Exercise regularly

Being overweight increases the risk of developing diabetes, which can lead to sight loss. Regular exercise and a balanced diet could help maintain a healthy weight.



Safety goggles

DIY and sport can both result in eye-related injuries which may cause sight loss. Investing in good quality goggles suitable to the activity could help prevent serious damage to your eyes.

