

July is Eye Health Awareness Month Prevention Starts With Awareness

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Newsletter July 2025 Edition

As the sun shines brighter this July, MedNet celebrates Eye Health Awareness Month.

Throughout the summer, we need to focus on protecting our eyes from harmful UV rays, understanding the importance of the health of our eyes, and taking proactive steps to ensure healthy vision.

What Do You Need to Know About Eye Health?

- 1. Regular Eye Exams:** Regular eye exams can detect problems early, preventing potential vision loss. Adults should get their eyes checked every two years, and annually after age 60.
- 2. Nutrition for Your Eyes:** A diet rich in fruits, vegetables, and omega-3 fatty acids supports eye health. Key nutrients include Vitamin A, C, E, zinc, lutein, and zeaxanthin.
- 3. Digital Eye Strain:** The average person spends over seven hours daily on digital devices. Follow the 20-20-20 rule: every 20 minutes, look at something 20 feet away for 20 seconds.
- 4. Protecting Against UV Rays:** UV rays from the sun can damage your eyes. Wear sunglasses that block 100% of UV rays and consider a wide-brimmed hat for extra protection.
- 5. Stay Hydrated:** Dehydration can lead to dry eyes and irritation. Drink plenty of water throughout the day to keep your eyes moist.
- 6. Quit Smoking:** Smoking is linked to an increased risk of cataracts, macular degeneration, and damage to the optic nerve. Quitting smoking greatly benefits your eye health.

How to Protect Your Eyes?

- **Wear Sunglasses:** Choose sunglasses with 100% UVA and UVB protection to shield your eyes from harmful rays.
- **Use Protective Eyewear:** Safety glasses and goggles should be worn during activities that could potentially injure your eyes, such as sports or home repairs.
- **Manage Chronic Conditions:** Conditions like diabetes and hypertension can affect your vision. Keeping these conditions under control with regular medical care is essential for protecting your eyes.
- **Limit Screen Time:** Reducing time spent on screens and taking regular breaks can prevent digital eye strain and maintain eye comfort.

Vision-Friendly Foods to Include in Your Diet

Boost your eye health with these delicious and nutritious foods:

- **Carrots:** High in beta-carotene, which is essential for good vision.
- **Leafy Greens:** Spinach, kale, and collards are packed with antioxidants that reduce the risk of cataracts and macular degeneration.
- **Fish:** Rich in Omega-3 fatty acids that support retinal health.
- **Nuts and Seeds:** Great sources of Vitamin E, which protects your eyes from oxidative stress.

Eye-Friendly Exercises

Incorporate these simple exercises into your daily routine to keep your eyes healthy:

- **Blinking:** Keeps your eyes moist and reduces dryness.
- **Palming:** Warm your hands by rubbing them together and place them over your closed eyes for a few minutes to relax.
- **Focus Shifting:** Alternate focusing on a close and distant object to improve flexibility in your eyes' focusing ability.



