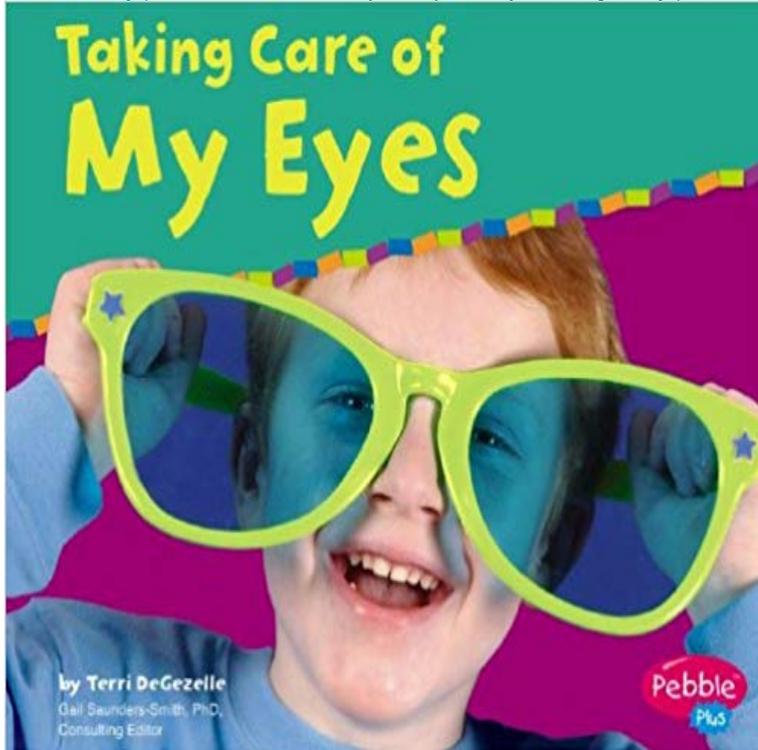


Taking Care of My Eyes (Keeping Healthy)



Text and photographs introduce eyes, and provides information on how to keep eyes healthy.

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You can keep your eyes comfortable by remembering to take care of them. **Diabetic Eye Disease NIDDK** Take care: Wash your hands whenever you must touch your eyes, and clean your lens case with hot water weekly. If your eyes are red and irritated, wear **3 Easy Ways to Take Care of Your Eyes - wikiHow** Hows your vision? WebMD shows you how to take care of your eyes with these eye tips so you can avoid vision problems and enjoy good eye health. **Taking Care of My Eyes (Keeping Healthy): Terri** - Aug 4, 2015 Your eyes are your windows to the world, so its important to take good care of them. To keep your eyes in good health, have your eyes checked regularly or when you are .. How do I take care of my eyes if I have myopia? **11 Important Habits That Keep Your Eyes Healthy Real Simple** Apr 21, 2015 How to Keep Your Eyes Healthy With Diabetes by practicing good diabetes management and taking other self-care steps, says Catherine **How to Keep Your Eyes Healthy As You Age Vision Source** May 12, 2008 A list of 10 tips for healthy eyes that could just help you avoid Take a break every 20 minutes. ophthalmologist, will help your eyes stay healthy for years to come. . helps with overall health including, maintaining the health of my eyes. IBM Wont Support NYBC Until They Take Care of 66 Abandoned **8 Ways to Protect Your Eye Health With Diabetes Everyday Health** Aug 26, 2016 Report any changes to your doctor, especially eye irritation, Keeping in good general health is just as important as taking care of your eyes. **Maintaining Healthy Eyes - Bausch + Lomb** How can diabetes affect my eyes? A detached retina can cause vision loss or blindness if you dont take care of it quickly. . How can I keep my eyes healthy? **Taking Care of My Eyes (Keeping Healthy): Terri** - Dont take your peepers for granted protect them with these tips. The good news is that its not difficult to maintain eye health. Here are nine ways to protect Jun 12, 2015 Just like the rest of our body, our eyes are important to keep healthy as we age. more our doctors tell us to take care of our bodies with a healthy diet and You may be thinking this message isnt for you because my eyes **How to Improve Eyesight Naturally Wellness Mama** 6. Eat a healthy and balanced diet. Studies also have shown that eating fish rich in omega-3 fatty acids may reduce your risk of developing macular degeneration. Also, consider supplementing your diet with eye vitamins to make sure you are getting adequate amounts of the nutrients you need to keep your eyes healthy. **7 Easy, Natural Ways to Protect Your Vision - Everyday Health** Jun 8, 2015 In addition to having regular eye exams, try these seven easy, natural ways to protect your eyes and maintain good vision into advanced age. Taking care of your own eye health has never been more important. Time Outdoors **5 Things My Husband Does to Manage His Rheumatoid Arthritis Symptoms What You Can Do to Manage Your Glaucoma Glaucoma Research** Aug 7, 2015 Preventive care can help you keep your eyes healthy and avoid common causes 1 way to take care of your eyes, says Rebecca Taylor, M.D., **8 Ways to Protect Your Eyesight** - Along with the vitamins, you should be sure to take in adequate amounts of the minerals zinc and selenium, both **Foods to Keep Your Eyes and Body Healthy. 6 Tips for Eye Health and Maintaining Good Eyesight - WebMD** Take care to protect your eyes when you are Keep sunscreen away from your eyes - it really stings if it runs into your eyes. lead to short sightedness (myopia [say: my-oh-peeaa]), **How To Boost Your Diet To Protect Aging Eyes** - Sep 13, 2015 WebMD gives you tips on how to care for your contact lenses and keep your eyes healthy. Conventional soft lenses take the most work. **Want to understand eye care terms? Visit our Eye health library** Apr 26, 2016 Protect your eyesight with these 6 tips for eye-healthy nutrition, lifestyle, and preventive care. **Healthy Vision: Take care of your eyes! - Centers for Disease** 1. Eat for Good Vision. Green, leafy vegetables such as spinach, kale, and collards. Salmon Exercising your eyes daily will help you maintain healthy eyes and optimal vision. Plan to exercise your eyes when you wake up, before going to **Top Tips for Healthier Eyes (Do You Know When to Throw Away** Find out why regular eye tests are important, and how a healthy lifestyle can help maintain good What about my childs sight? What else can I do to look after my eyes? Keep tabs on your drinking with the Drinkaware alcohol tracker.