

MAY: HEALTHY VISION MONTH

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Preventive eye care is important for everyone. Certain eye conditions and diseases can strike at any time in life, destroying healthy vision. Early detection and treatment of eye problems are the best ways to keep your healthy vision throughout life.

Everyone should take care of their healthy vision by wearing protective eyewear when playing sports, doing yard work, working with chemicals or taking part in other activities that could cause eye injury.

Young Children

Infants and toddlers should be screened for common eye problems, such as strabismus (crossed eyes) and amblyopia (lazy eye) during their regular pediatric appointments.

Children/Teens

Some warning signs that your child may have vision problems include wandering or crossed eyes, a family history of childhood vision problems, redness, discharge, a disinterest in reading or viewing distant objects, and squinting or turning the head in an unusual manner while watching TV. According to the American Academy of Ophthalmology, most children and teenagers have healthy eyes; the major danger to the eyes at these ages is accidental injury.

Populations at Risk

People with a family history of eye problems, including glaucoma, diabetes and other eye conditions have a better chance of preserving vision if they are monitored early and regularly by an eye doctor who can detect problems at their earliest stages.

Seniors

Among the common eye conditions that affect senior over age 65 are cataracts, glaucoma, age-related macular degeneration, and diabetic retinopathy. Our doctors recommend that seniors receive eye exams every year to evaluate for these conditions and the overall health of the eye.

Please call 703-827-5454 or 877-234-2020 to make an appointment with one of our doctors.

**8180 Greensboro Drive, Suite 140
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Affiliated Practices
Richmond, VA Washington, DC Baltimore, MD



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Vitamins and Eye Health

AllAboutVision.com has published the following information on vitamins and eye health:

Research suggests that antioxidants reduce your risk of cataracts and macular degeneration. Specific antioxidants can have additional benefits as well; for example, vitamin A protects against blindness, and vitamin C may play a role in preventing or alleviating glaucoma. Essential fatty acids appear to help the eye in a variety of ways, from alleviating symptoms of dry eye syndrome to guarding against macular damage.

Try these foods to make sure you get enough eye-protecting nutrients:

- **Vitamin A:** cod liver oil, liver, carrots, sweet potatoes, butternut squash.
- **Lutein and zeaxanthin:** spinach, kale, collard greens.
- **Vitamin C:** sweet peppers (red or green), kale, strawberries, broccoli, oranges, cantaloupe.
- **Bioflavonoids:** citrus fruits, cherries, grapes, plums.
- **Vitamin E:** sunflower seeds, almonds, hazelnuts.
- **Selenium:** brazil nuts, yeast, seafood.
- **Zinc:** oysters, hamburgers, wheat, nuts.
- **Fatty acids:** cold-water fish (salmon, mackerel, trout).

In general, you should eat plenty of green, leafy vegetables, two servings of fish per week, some nuts and some yellow or orange fruits and vegetables.

See Clearly Vision and Cornea Consultants include multiple medical practices that have served patients in the mid-Atlantic region for over ten years. We offer patients the following services:

- Advanced Cataract Surgery, including specialty lens implants
- All Laser LASIK/Custom LASIK, LASEK, PRK and CK
- Annual Eye Exams
- Botox, Juvéderm, Latisse, and NEOCUTIS (available only through a physician)
- Contact Lenses - cosmetic and therapeutic fitting, including keratoconus
- Corneal Transplants
- Diabetes and Glaucoma Management
- Dry Eye Treatment
- Emergency On-Call Care

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