Protect Your Vision
Age-related eye changes are common, but there are some steps you can take to reduce your risk for visual impairment:

- Get regular, comprehensive dialated eye exams, as recommended by your healthcare provider.

- Stay healthy and get regular overall physicals. Exercise, stop smoking, maintain blood pressure, and control diabetes if you have it.

- Eat a diet rich in green, leafy vegetables and fish.

- Wear sunglasses and a wide-brimmed hat when out in bright sunshine.

- Wear protective eyewear when sports or work are a risk for eye injury.