



**Presbyopia:** A condition where the eye's lens becomes less flexible, making it difficult to focus on nearby objects. It typically develops after the age of 40.

**Cataracts:** Clouding of the eye's lens, which can lead to blurred vision and eventually blindness if left untreated.

**Glaucoma:** A group of eye conditions that damage the optic nerve, often due to increased pressure in the eye. It is a leading cause of blindness.

**Macular degeneration:** A condition that affects the macula, the part of the eye responsible for central vision. It can lead to a loss of sharp, central vision.

**Diabetic retinopathy:** A complication of diabetes that affects the retina, the light-sensitive tissue at the back of the eye.

**Conjunctivitis (pink eye):** Inflammation of the conjunctiva, the thin, clear tissue that covers the white part of the eye and the inner surface of the eyelids.

### Practical eye care tips

Regular eye exams are essential for early detection and treatment of eye conditions. It's recommended to have an eye exam every 1-2 years, or more frequently if you have a condition that requires more frequent monitoring.

**Regular eye exams:** Schedule regular eye exams with an optometrist or ophthalmologist to monitor your eye health and catch any potential issues early.

**Healthy diet:** A diet rich in vitamins A, C, and E, as well as omega-3 fatty acids, can help support eye health. Examples include leafy greens, citrus fruits, and fish.

**Protective eyewear:** Wear safety glasses or goggles when working with machinery or chemicals to protect your eyes from injury.

**Rest your eyes:** Follow the 20-20-20 rule: every 20 minutes, look at something 20 feet away for 20 seconds to reduce eye strain.

**Hydration:** Stay hydrated to keep your eyes moist and healthy. Dehydration can lead to dry eyes and discomfort.

**Quit Smoking:** Smoking is a major risk factor for several eye conditions, including cataracts and macular degeneration. Quitting smoking can significantly reduce these risks.

**Control chronic conditions:** If you have a chronic condition like diabetes or high blood pressure, keep it under control to reduce the risk of eye complications.

**Eye-friendly workspace:** Adjust your computer screen height and distance to avoid eye strain. Use proper lighting and take regular breaks.

**Stay Active:** Regular exercise can improve overall health and circulation, which is beneficial for eye health.

### Conclusion

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