

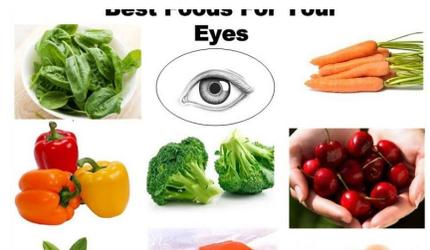


We wake up every day hoping to take another step in the life that we are given. Most of us take for granted that as we open our eyes to begin the day we will be able to see what is in front of us. Not everybody can begin the day with a vision of their path. Many conditions either from birth or acquired can alter our ability to see what is in front of us. In south Texas especially, disease states such as diabetes can rob people of their ability to experience the light of day that most of us as are used to. Many of the afflictions that impact our vision can be avoided or at least detected early. Help yourself, by not taking your *eyes* for granted. Take these easy steps to keep your peepers healthy.

1. Eat Well

Good eye health starts with the food on your plate. **Nutrients** like omega-3 fatty acids, **lutein**, zinc, and **vitamins** C and E might help ward off age-related **vision** problems like **macular degeneration** and **cataracts**. To get them, fill your plate with:

- Green leafy vegetables like spinach, kale, and collards
- Salmon, tuna, and other oily fish
- Eggs, nuts, beans, and other non-meat protein sources
- Oranges and other citrus fruits or juices
- Oysters and pork



A well-balanced diet also helps you stay at a **healthy weight**. That lowers your odds of **obesity** and related diseases like **type 2 diabetes**, which is the leading cause of blindness in adults.

2. Quit Smoking

It makes you more likely to get **cataracts**, damage to your optic nerve, and **macular degeneration**. If you've tried to **kick the habit** before only to start again, keep at it. The more times you try to **quit**, the more likely you are to succeed. Ask your doctor for help.

3. Wear Sunglasses

The right pair of **shades** will help protect your **eyes** from the sun's ultraviolet (UV) rays. Too much UV exposure boosts your chances of **cataracts** and macular degeneration.

Choose a pair that blocks 99% to 100% of UVA and UVB rays. Wraparound lenses help protect your eyes from the side. Polarized lenses reduce glare while you drive.

If you wear **contact lenses**, some offer UV protection. It's still a good idea to wear sunglasses for an extra layer.

4. Use Safety Eyewear



If you use hazardous or airborne materials on the job or at home, wear safety glasses or protective goggles.

Sports like ice hockey, racquetball, and lacrosse can also lead to eye injury. Wear eye protection. Helmets with protective face masks or sports goggles with polycarbonate lenses will shield your eyes.



5. Look Away From the Computer Screen.

Staring at a computer or phone screen for too long can cause:

- Eyestrain
- Blurry vision
- Trouble focusing at a distance
- [Dry eyes](#)
- [Headaches](#)
- Neck, back, and [shoulder pain](#)



To protect your eyes:

- Make sure your glasses or contacts prescription is up to date and good for looking at a computer screen.
- If your eye strain won't go away, talk to your doctor about computer glasses.
- Move the screen so your eyes are level with the top of the monitor. That lets you look slightly down at the screen.
- Try to avoid glare from windows and lights. Use an anti-glare screen if needed.
- Choose a comfortable, supportive chair. Position it so that your feet are flat on the floor.
- If your eyes are dry, blink more.
- Rest your eyes every 20 minutes. Look 20 feet away for 20 seconds. Get up at least every 2 hours and take a 15-minute break.

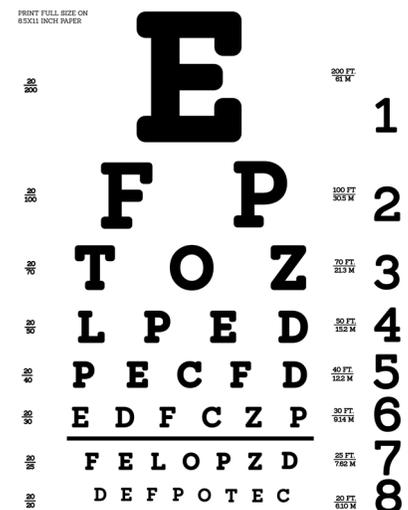
6. Visit Your Eye Doctor Regularly

Everyone needs a regular eye exam, even young children. It helps protect your sight and lets you see your best.

[Eye exams](#) can also find diseases, like [glaucoma](#), that have no symptoms. It's important to spot them early on, when they're easier to treat.

Depending on your eye health needs, you can see one of two types of doctors:

- Ophthalmologists are medical doctors who specialize in eye care. They can provide general eye care, treat eye diseases, and perform eye surgery.
- Optometrists have had 4 years of specialized training after college. They provide general eye care and treat the most common eye diseases. They don't do eye surgery.
- A comprehensive [eye exam](#) might include:
 - Talking about your personal and family medical history
 - [Vision tests](#) to see if you're nearsighted, farsighted, have an [astigmatism](#) (a curved [cornea](#) that blurs vision), or presbyopia (age-related vision changes)
 - Tests to see how well your eyes work together
 - Eye pressure and optic nerve tests to check for [glaucoma](#)
 - External and microscopic examination of your eyes before and after dilation
- You might also need other tests.





Cedar Plank Salmon with Mango Avocado Salsa

From the Kitchen of Jennifer Meachum RDN, LD

Makes 4 servings

Cedar plank (found at local grocery store)

- 1 pound salmon (preferably wild)
- 1 Tbsp olive oil
- 1 tsp. California style Lemon pepper

Mango Avocado Salsa:

- 1/2 cup fresh mango, diced in small chunks
- 2 cloves garlic, finely chopped
- 3 Tbsp. cilantro, finely chopped
- 2 Tbsp. red onion, chopped
- ¼ tsp Kosher salt
- ½ jalapeno, deseeded and chopped
- ½ large avocado, deseeded and diced in small chunks
- Juice of 1 lime

Directions:

Soak cedar plank for minimum of 2 hours to prevent plank catching on fire on the grill.

Preheat gas grill to 375 degrees. Rub salmon with oil and season with lemon pepper.

Place salmon filet on cedar plank and place cedar plank on grill.

Cook salmon for 15-19 minutes. While salmon is cooking, in medium bowl prepare salsa. Combine mango, garlic, cilantro, red onion, salt, jalapeno, avocado, and lime juice. Refrigerate until ready to serve.

Top grilled salmon with mango avocado salsa.

Nutrition Information for 4 ounce salmon and ¼ cup mango avocado salsa:

236 calories; Fat 12 gm; Total Carbs 6 gm; Fiber 2 gm; Sodium 277 mg; Protein 25 gm



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