

Save Your Vision Month

12 million Americans over the age of 40 suffer from vision impairment.

1 Introduction

During Save Your Vision month, millions recognize that vision plays an important role in daily life. Save Your Vision Month aims to increase awareness around safe eye practices and regular eye exams. While many only seek treatment once there is an impairment, taking preventative action can lower the risk of vision damage.

2 Being aware

Specifically, in workplaces, employees are at risk for eye strain due to increased computer usage. Many employees aren't aware of the damage constant computer usage may have on their eyes. Some employers encourage preventative eye care and mandate eyewear in applicable cases that could lower cases of vision impairment.

3 Preventative action

While some vision impairments are inevitable, preventative actions can be taken to keep your eyes healthy.

Annual eye exams are a great way to keep up with eye health due to many underlying eye diseases not showing symptoms or warning signs. Healthy eating habits can also contribute to healthy eye health. Being physically active can lower your risk of health concerns that can contribute to vision problems like diabetes, high blood pressure, etc.

There are also everyday steps one can take such as:

- Wearing sunglasses to protect from the harmful UV rays.
- Wearing protective eyewear in the workplace, when applicable.
- Use the “20” rule, for every 20 minutes of computer usage, look at something 20 feet away for at least 20 seconds.

4 Moving forward

Staying on top of your vision health is a vital part of overall health. Become an advocate for vision by promoting healthy workplace eye care, use protective wear and limit computer usage. Schedule your annual eye exam soon!

Did you know?

Your eye can focus on 50 different objects every second.

For more information on vision and supportive resources please visit www.rebuildyourvision.com.

References:

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