
Healthy Body, Healthy Eyes

Protect Your Eyes from Macular Degeneration



STOP SMOKING! Smoking and tobacco use is the number one risk factor for development and progression of age related macular degeneration (AMD).



PROTECTING YOUR EYES FROM THE SUN. Just as the sun ages your skin, it also ages your eyes. Wear UV blocking lenses to prevent damage from long term sun exposure.



EATING A HEALTHY DIET.* Nutrients from our foods can protect our eyes from damage.

- Eat fresh, whole, unprocessed foods
- Reach for brightly colored fruits and vegetables
- Eat fatty fish rich in omega-3 oils at least twice per week (salmon, sardines, mackerel)
- Choose whole grain pastas, rices, and breads over their “white” counterparts



A REGULAR EXERCISE ROUTINE.* Sedentary lifestyle and obesity are linked to increased risk of the development and progression of AMD



TAKING CONTROL OF VASCULAR RISK FACTORS. Vascular diseases such as high blood pressure, diabetes, and high cholesterol have been linked to development and progression of AMD.