



S.T.A.H.L. NEWS

STUDENTS TALKING ABOUT HEALTHY LIFESTYLES

Brought to you by Health and Wellness Promotion at the Center for Health and Well-Being

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SAVE YOUR VISION

EYES ARE AN IMPORTANT PART OF YOUR HEALTH

Save Your Vision Month aims to increase awareness about good eye care and encourages people to get regular eye exams. With computers becoming an everyday part of people’s lives, the risk of eye strain and damage is higher than ever.

Common Eye Disorders and Diseases

<p>Cataract</p> <p>is a clouding of the eye’s lens and is the leading cause of blindness worldwide, and the leading cause of vision loss in the United States. Cataracts can occur at any age because of a variety of causes, and can be present at birth.</p>	<p>Diabetic Retinopathy</p> <p>is a common complication of diabetes. It is the leading cause of blindness in American adults. It is characterized by progressive damage to the blood vessels of the retina, the light-sensitive tissue at the back of the eye that is necessary for good vision. DR progresses through four stages</p>	<p>Glaucoma</p> <p>Glaucoma is a group of diseases that can damage the eye’s optic nerve and result in vision loss and blindness. Glaucoma occurs when the normal fluid pressure inside the eyes slowly rises. However, recent findings now show that glaucoma can occur with normal eye pressure</p>	<p>Amblyopia</p> <p>also referred to as “lazy eye,” is the most common cause of vision impairment in children. Amblyopia is the medical term used when the vision in one of the eyes is reduced because the eye and the brain are not working together properly. The eye itself looks normal, but it is not being used normally because the brain is favoring the other eye.</p>
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- Vision disability is one of the **top 10** disabilities among adults 18 years and older and one of the most prevalent disabling conditions among children.
- An estimated **93 million adults** in the United States are at high risk for serious vision loss, but only half visited an eye doctor in the past 12 months

Ways Technology Can Effect Your Vision

Eye Strain 35%



Headache 25%



Blurred Vision 25%



Dry Eyes 24%



Nine ways you can help protect your vision

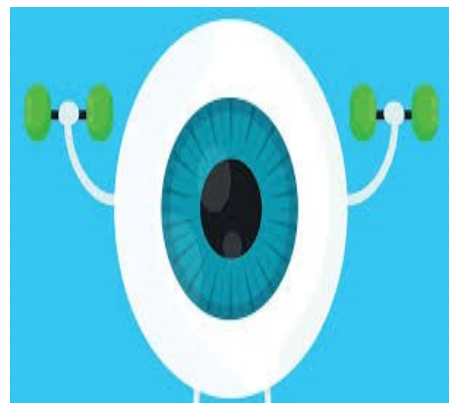
1. Get regular comprehensive dilated eye exams.
2. Know your family’s eye health history.
3. Eat right to protect your sight:
4. Maintain a healthy weight.
5. Wear protective eyewear when playing sports or doing activities around the home, such as painting, yard work, and home repairs.
6. Quit smoking or never start.
7. Wear sunglasses that block 99 percent-100 percent of ultraviolet A (UVA)
8. Wash your hands before taking out your contacts and cleanse your contact lenses properly to avoid infection.
9. Practice workplace eye safety.

Eyes Exam

An eye exam involves a series of tests to evaluate your vision and check for eye diseases. Your eye doctor may use a variety of instruments, shine bright lights directly at your eyes and request that you look through an array of lenses. Each test during an eye exam evaluates a different aspect of your vision or eye health.

How Often Should You Get An Eye Exam ?

Eye care experts usually recommend that you have a comprehensive eye exam every year , and the frequency will depend on age, risk factors, and whether you already wear corrective lenses.



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Sources

- <https://www.cdc.gov/visionhealth/basics/ced/index.html>
- <https://www.cdc.gov/visionhealth/basics/ced/fastfacts.htm>
- <https://www.mayoclinic.org/tests-procedures/eye-exam>