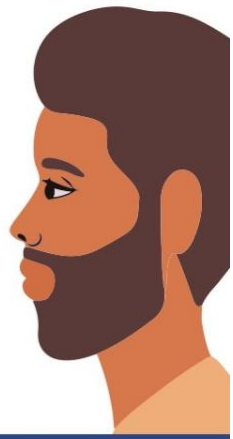


9 HANDY TIPS FOR GOOD HEALTHY EYES

DID YOU KNOW?

81% of visual impairment cases could have been prevented through early detection.



Visit your **Optometrist annually**, for a comprehensive vision and eye health examination.

Common vision problems: myopia (short-sightedness); hyperopia (farsightedness), astigmatism (focussing difficulties) and presbyopia (near vision problems at age 40+).

Motor vehicle drivers require excellent vision to **prevent** car crashes.

Children with visual problems perform poorly in school. Annual check-ups at the optometrist, may detect short-sightedness (myopia).

Consult your primary eye care optometrist if you have **itchy, watery, red, or sore eyes**.

Diabetes, hypertension, and cholesterol affect the blood vessels in the eye. Your optometrist will advise on progression and treatment of these chronic conditions.

Detecting cataracts, glaucoma and macular degeneration early can **prevent blindness**.

Always use **sunglasses** or tints for **UV protection**, safety treatments for mechanical protection and anti-reflex blue light filters for computer work.

Stop smoking, exercise, and have a healthy eating plan.



**STAY SAFE.
ADHERE TO
COVID PROTOCOLS**

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