



## Health of your eyes

### Having an eyesight examination

You should see your eye care professional as a precaution like you see your dentist or your doctor. Regarding examination frequency, it varies between individuals according to risk factors. The risk of vision loss is more important if:

- You are aged of more than 50 years old;
- You have a family history of eye disease(s);
- Your skin and your eyes are pale;
- You are suffering from diabetes;
- You are overweight or not in great shape;
- You smoke.



Even if you are at low risk of developing an eye disease, it does not mean that you should not have an eyesight examination. These diseases may develop in very healthy people of any age.

### Sunglasses eyewear

As for skin, eyes can renew their cells continuously. However, if they are subjected to repeated luminous stresses, they can become vulnerable. If you do not wear an adequate eyewear protection, sun exposure may have detrimental consequences: conjunctivitis, ulcerations, cataract, and retina degeneration.

Sunglasses are the best way to protect your eyes from UV rays. However, only good-quality sunglasses can adequately protect them. To be sure of the quality, one should not only choose a very dark shade. The filtering capacity of harmful UV rays is the most important element to verify.

**October:  
Eye health  
month**

### Precautions for proper use of contact lenses

Contact lenses are not commendable for everyone. They are not advised for people having frequent ocular infections or allergies. However, if you do not present any of these conditions, you should all the same evaluate your working environment before considering wearing contact lenses. For example, if you work in a dusty environment or if you are exposed to chemical fumes, it maybe inadvisable for you to wear them at work.

Clinical studies suggest that extended wear of contact lenses particularly during night increase the risk of developing corneal ulcer. An ulcer may develop on the cornea in one day or two and leave a permanent scar, and it may even lead to blindness. For this reason, many ophthalmologists advise their patients not to wear extended wear contact lenses.

### 6 easy steps for healthy eyes

- Have your eyes examined regularly by an eye care professional. Serious conditions can be present in your eye without symptoms.
- Quit for your eyes. People who smoke are seven times more likely to develop macular disease.
- Eat healthy. Brightly-coloured fruits and vegetables are great for your eyes. Choose foods rich in vitamins C and E, beta-carotene, zinc, and lutein.
- Keep active. Excess weight, a sedentary lifestyle, and high blood pressure are risk factors for several eye conditions.
- Protect your eyes from sunlight. Wear a hat with a brim and choose sunglasses that provide at least 98 per cent protection from UV rays.
- Wear eye protection, when playing sports or working with power tools.

(Sources : [www.opto.com](http://www.opto.com) and [www.fondationdesmaladiesdeleil.org](http://www.fondationdesmaladiesdeleil.org))

## Fall clean-up

With winter approaching, many are in a rush to get their yard work done before the cold weather settles in. Whether you are going to be raking leaves or climbing up a ladder to clean the eavestroughs, you should know that yard work involves a certain level of danger. So before you begin your fall clean-up, think safety first!

Each year there are many accidents involving ladders and stepladders. Here are a few safety tips to remember when you are working on a ladder:

- Make sure your ladder is suitable to the task at hand.
- Always place the ladder on a firm, levelled surface.
- Before climbing a ladder, make sure all locks and safety mechanisms are engaged.
- Before using your ladder, make sure all screws, hinges and rungs are in good working order. Clean off any accumulated mud and dirt.
- Do not lean or stretch to reach your work area. Instead, climb down and reposition your ladder correctly.

Even though the yearly chore of raking leaves can be quite exhausting, it can also be the source of a number of injuries. Be careful:

- Use a rake that is suited to your height and strength. You should also think of wearing gloves to prevent blisters and calluses.
- Make sure you alternate the position of your arms and legs often in order to use all of your limbs equally.
- When you are lifting a bag of leaves, keep your back straight and bend at the knees, not at the waist!
- Do not overfill leaf bags, particularly when the leaves are wet.
- As raking leaves is a vigorous exercise, you should make sure you stretch well before and after raking.

Are you hesitating to take on these strenuous chores yourself? Don't hesitate to delegate or hire professionals who can do the work for you! There is no need to risk injuring yourself simply to get your yard ready for winter.

(Source : [www.familiprix.com](http://www.familiprix.com))

