

xenophontos
magazine
opticians



eyetips

WHAT'S NEW: EYE TIPS

Be nutritionally clever!

There are definitely things that you can do to maintain good eye health and one of them is to follow a nutritious diet. Eye conditions like macular degeneration, cataracts and even dry eye syndrome have been linked with poor nutrition. If eating properly is at the top of your list but you haven't quite mastered it, just start from today by first of all, leaving bad and unhealthy eating habits in the past!

Eat a balanced diet and always include lots of fruit and vegetables. It has been scientifically proven, that visual sensitivity which reduces with age, can be inhibited with the intake of foods that are high in lutein and zeaxanthin. These compounds can reinforce the accumulation of macular pigment in the retina, which is the part of



the eye responsible for sensitive central vision. Lutein and zeaxanthin can be found in leafy greens and coloured fruit and vegetables.

These include spinach, green beans and broccoli, orange and yellow peppers, corn, pumpkins, carrots and coloured fruit like peaches.

Goji berries are packed with Vitamin C and are the highest known source of zeaxanthin. They contain iron, fibre, protein, omega3s

and even more potassium than bananas. Try to gently cook your spinach so you can include plenty of it in a single meal and soak your Goji berries overnight to make their texture more pleasant and interesting.

Omega-3 which can be found in fish oil, has also been identified as valuable for good eye health and mainly linked to be very beneficial for dealing with dry eye symptoms. It can also be found in



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foods like walnuts but its main source is fish (and algae in the pharmaceutical industry). In general 'high fat fish' is the fish that has high omega3 value. Examples of such is salmon, macarel, sardines and fresh tuna. Lobsters and crabs are high in carotenoids (red coloured) which are also useful for good eye health.



Get regular exercise and maintain a healthy weight

It is important to remember that exercising and maintaining a healthy weight is not only crucial for your general health but seriously decreases your risk of developing diseases like diabetes, high blood pressure and high cholesterol levels in the blood, all of which can lead to sight- threatening complications.

Give up smoking

Smoking has been linked to an increased risk of developing macular degeneration and optic nerve damage. It is also believed that smoking

can also contribute to the accelerating process of cataract formation (which is after all an ageing process) during which the physiological crystalline lens inside the eye gradually becomes cloudy and opaque.



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collections available in both our stores.

Please remember that children need smaller versions of real, protective adult sunglasses and NOT TOY SUNGLASSES. If your child is too young and does not tolerate sunglasses on his/her little face, get a wide-brimmed hat instead which will greatly reduce the amount of UV radiation that reaches the eyes.



Protect your eyes from the sun

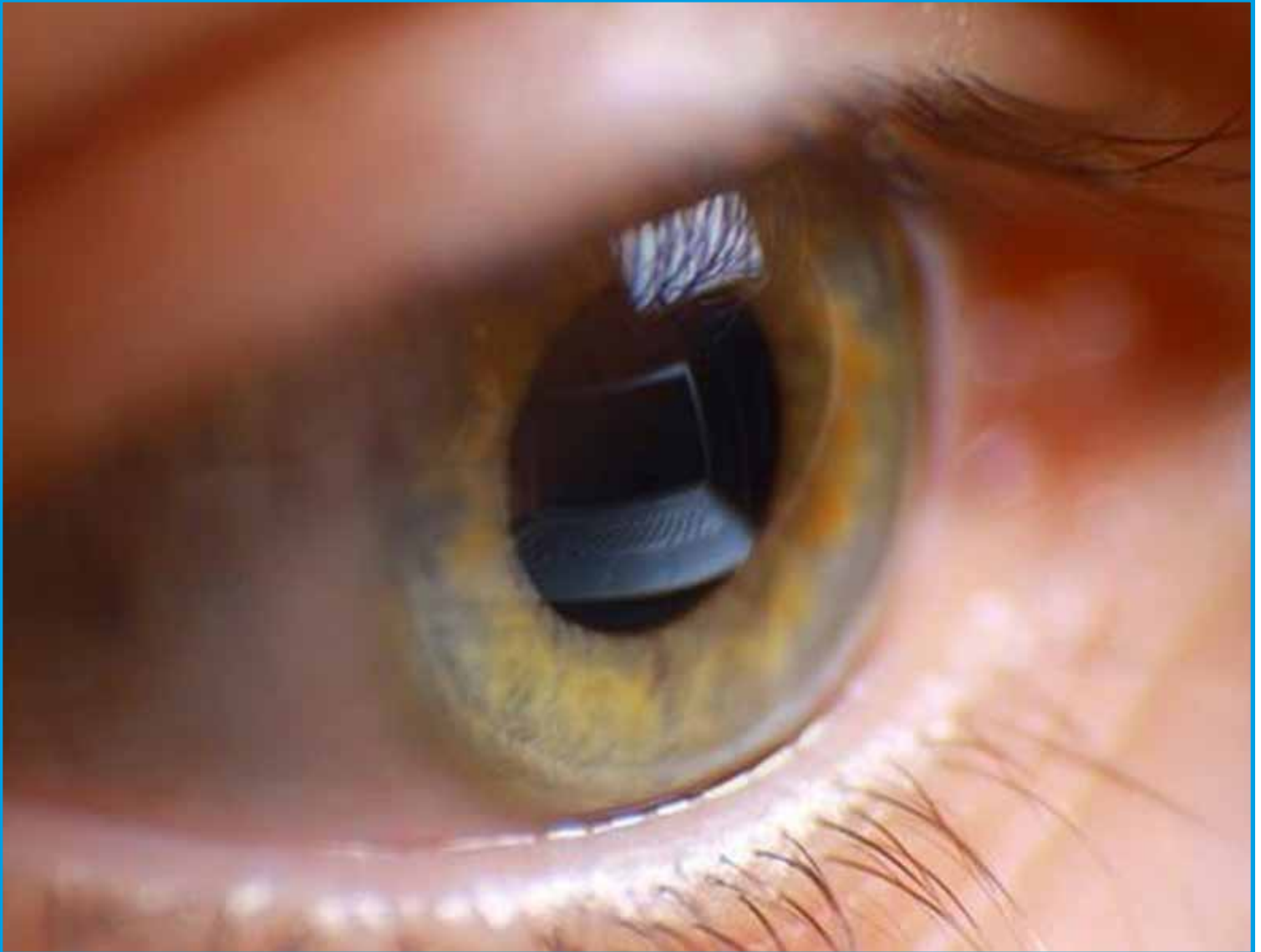
With increased levels of UV radiation reaching the earth's surface, largely due to the depletion of the ozone layer, it is important to take the necessary precautions to protect your eyes.

Long term exposure

to UV radiation can affect the outer tissues of the eye such as the eyelids as well as internal structures of the eye such as the crystalline lens. Long term exposure to the sun without adequate eye protection can increase the likelihood of developing eye disorders like cataracts, macular degeneration,

photokeratitis, pterygium and even some types of eyelid skin cancers.

Just keep in mind that you have to protect your eyes with a good pair of sunglasses, which fits perfectly on your face and is carefully selected just for you. Choose with our help from the latest brand



Workplace thoughts

During the past decade, there has been a significant increase in the prevalence of eye problems related with excessive use of computer screens. Longer working hours in front of computer screens, in association with the rapid evolution of technological devices used for leisure, put our eyes under more and

more strain.

Eye strain and dry eye syndrome are the most frequent complains in relation to prolonged computer use. Try to take regular breaks when working in front of the computer screen. These short breaks will not only help to relax your eyes, but also your whole body and spine posture. Every 20 minutes or so, try to look into the distance, for example

outside a nearby window. Changing the focal point from near to distance will help relax your tired eyes. It is well accepted that when concentrated on the computer screen, the brain 'forgets' to send frequent but essential signals for blinking. However, it is the blinking which provides the front surface of the eye with the necessary moisture, essential for comfortable and

sharp vision. So it may sound strange, but keep reminding yourself to blink while working on the computer. Blink, blink and blink again! Perhaps every time you press the enter key! Make sure that you blink fully and completely with the top lid, completely meeting the lower lid every single time.



Wear eye protection at work if needed!

It is essential to always wear your protective eyewear if your job requires you to do so. Always follow all regulations at your workplace carefully, and never omit to protect your eyes from hazardous conditions, whatever those might be. Accidents at work can happen anytime and eye protection is essential to avoid eye injuries and potential sight loss.

Protect your eyes while playing sports

If you are involved in sports linked with serious eye injuries such as squash, it is important to protect your eyes with sports goggles. Due to the size of the ball

being comparable to the size of the orbit, most racquet sports have been associated with orbital fracture injuries and retinal detachments. Prescription sports glasses can also be dispensed for team sports like football and sports glasses without a prescription are useful for protection from environmental conditions when involved in sports like cycling.

Have regular eye exams, know your family history, do not ignore symptoms

An **eye exam** is an important part of looking after your eyes because it's more than a simple test of your sight. It should be part of everyone's normal health routine since it

can detect early signs of serious eye conditions. Your optometrist, who is the trained professional to carry out a full, comprehensive eye exam, may also detect during your eye exam, at a very early stage, other general health problems.

Most adults should have their eyes examined every two years unless otherwise instructed by their optometrists. It is very important to **know your family eye history** as this information could determine the frequency according to which

you should be having your eyes examined, since various eye conditions can often be hereditary. **Never ignore** any reduction or changes in your vision, eye redness, headaches or pain in or around the eyes. Always seek medical advice or book an appointment with your optometrist to rule out the cause of your eye symptoms. If needed, your optometrist will refer you to your ophthalmologist for further investigation if required.





Take care of your contact lenses

If you are a contact lens wearer, visit your optometrist at least once a year unless otherwise advised. Handle your contact lenses with care and follow simple rules of

hygiene to take care of them. Check out our contact manual (which you can download in the home page of this website), to learn useful and simple tips which you might never have heard of, or thought about before. Remember the golden rule: NO WATER on your contacts, ever!

In addition to the information included in the contact lens manual and if you are a lady, try to remember the following in relation to contact lens wear. Always insert your contact lenses before you apply your make-up and always remove your contact lenses (after you have

thoroughly washed your hands), prior removing your eye make-up. Use eye make-up products for sensitive eyes which are suitable for contact lens wearers and remove eye make-up using liquid make-up removing products applied on different cotton pads for each eye!