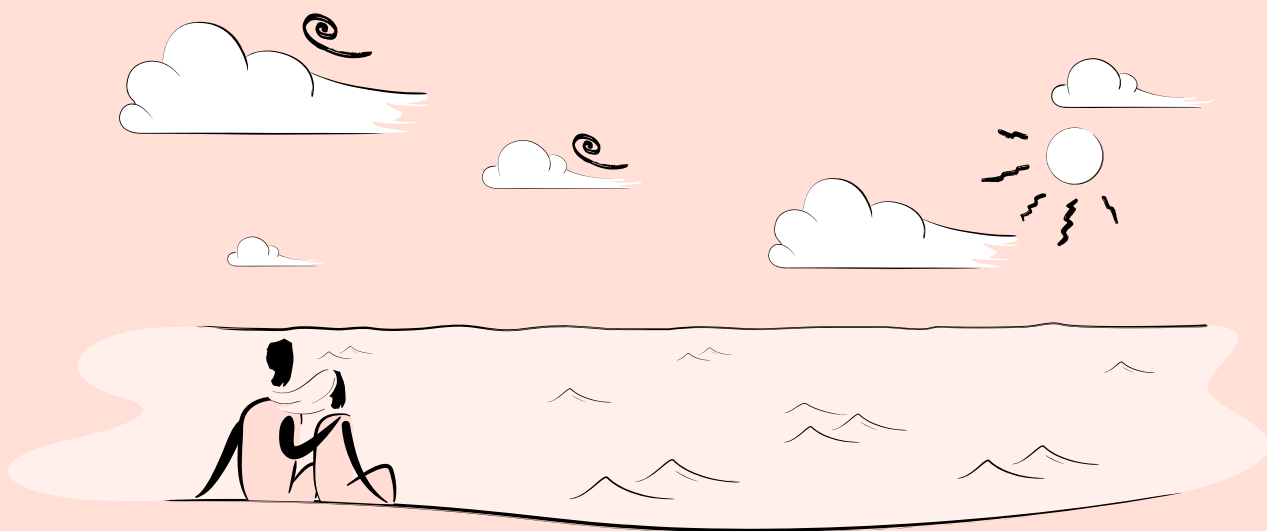




Eye Health & Wellness + Dry Eyes

Our guide to healthy happy eyes



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5 Tips to Healthy Eyes for Life

Healthy Eyes = Happy Life

1.

Make eyecare part of selfcare with eyelid hygiene

2.

Eat an eye healthy diet

3.

Protect your eyes from the sun

4.

Practice good screentime habits

5.

Know about Dry Eye Disease

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Eyelid hygiene is the foundation of eye health & wellness. Just like you brush your teeth and moisturize your skin, you have to take care of your eyelids.

What is Eyelid Hygiene?

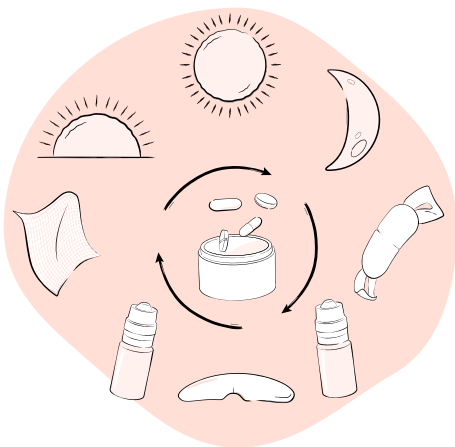
- Eyelid hygiene is all about keeping your **eyelid margin and eyelashes clean**, and your **eyelid oil glands optimized**. This improves the moisture and aesthetic appearance of your eyes, eyelids and eyelashes.

Why is it Important?

- Your eyes and eyelids work together to **stabilize your tear film**, which helps you see clearly and comfortably. Eyelid hygiene provides the **foundation** for other eye products, such as serums, creams and make-up.

How to Eyelid Hygiene?

- Use an **eyelid wipe** in the morning to clean your eyelids and lashes
- A **warm eye compress** nightly to rejuvenate your eyelid oil glands.
- Use **cold eye compresses** during the day when your eyes are really starting to bother you, and you need to refresh them!



Think of eyelid hygiene as part of your morning, daily, and evening routine!

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Simple changes to your diet can make a big difference for your eyes and overall health & wellbeing. Check out these superfoods for your eyes, mind and body!

Leafy greens and orange veggies

- Leafy greens like spinach, collard greens, Swiss chard, kale, sweet potatoes, bell peppers and carrots are amazing additions to your diet. They contain **lutein** and **zeaxanthin**, which are **carotenoids** that help remove free radicals that cause stress and damage to the eye. They also contain high amounts of **Vitamin A!**

Whole grains, legumes, nuts and seeds

- Whole grains (wheat, oat, barley and rye), legumes (kidney beans and lentils), nuts (almonds, pecans, cashews) and seeds (sunflower seeds, chia seeds and flaxseeds) contain many essential vitamins and nutrients like **Vitamin E**, which protects the cells in the eyes from free radicals.

Citrus Fruit

- Adding citrus fruits like grapefruit, lemon, oranges and limes to your diet is a great way to get high doses of **Vitamin C**. Consume the whole fruit so you get the added fiber benefit!

Salmon, mackerel and sardines

- Fish like salmon, mackerel and sardines contain high **Omega-3 fatty acids**, which are anti-inflammatory and maintain the function of your eye nerves.

Eye health supplements

- It may be hard to get all the essential vitamins, minerals and micronutrients from your diet alone. That's when **eye health supplements** can help fill in the gaps without overdoing it. Just make sure you do your research and go with a company you trust with your eyes and body.

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Overexposure to the sun's ultraviolet rays causes many eye problems, such as, dry eyes, cataract progression, pinguecula, and more! So protect those eyes while outside following these steps.

What are ultraviolet rays?

- ◆ When we talk about sun damage to the eyes, we really mean the damage caused by **ultraviolet (UV) rays**.
- ◆ UV rays appear in two forms: **UVA** rays and **UVB** rays.
- ◆ UV rays have shorter wavelengths than visible colored light and are thus **invisible to the eyes**.

Why are ultraviolet rays dangerous?

- ◆ Because UV rays have **shorter wavelengths**, they can penetrate deeper into the body and eyes.
- ◆ UVA rays are the leading cause of **skin cancer**.
- ◆ Exposure to UV rays is linked with **cataract** progression, **dry eyes**, **glaucoma** and **macular degeneration**.

How to protect your eyes from the sun?

- ◆ Wear **sunscreen** on your face, a wide-brimmed **hat** and **sunglasses** that offer UV protection.
- ◆ Avoid tanning beds.
- ◆ **Never** look directly at the sun.



We're spending more and more time on digital screens, and remote work isn't helping with that. Take these measures to reduce your risk for digital eye strain.

What digital screens?

- ◆ **Digital screens** include computers (laptops and desktops), phones, tablets, e-readers, TVs, and more.
- ◆ They tend to be back lit, such as **LED** display.
- ◆ Don't forget about the **projectors** at work, or the **display** in your car.

Why are digital screens harmful?

- ◆ Americans spend on average **7 - 8 hours a day on digital screens**, and this number is increasing.
- ◆ Digital screens can lead to **decreased blinking**, causing dry eyes.
- ◆ Glare, reflection, poor lighting, color contrast and poor bodily posture can all contribute to **digital eye strain**.

How to protect your eyes from digital screens?

- ◆ **Adjust the lighting** on your screen so it matches the light in your surroundings
- ◆ Follow the **20-20-20 rule**: every 20 minutes spent on a digital screen, look at something 20 feet away for 20 seconds
- ◆ Remember to **blink** often



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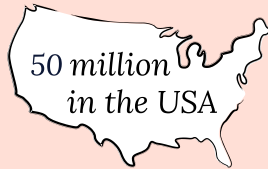
Dry Eye Disease

Chances are you or someone you know has it!

What is dry eye disease?

- Nearly **50 million Americans** and over 400 million people worldwide have dry eye disease!

Dry Eye Patients



400 million
globally



- In addition to **debilitating symptoms**, dry eye disease can affect your **physical and mental wellbeing**.

Burning 🔥

Dryness 🌀

Stinging 🗡️

Itching 🦋

Eye fatigue 😴

Scratchy 🦋

Red eyelids 🗡️

Light sensitivity 🌞

Burning 🔥

Irritation 🦋

Heavy eyelids 🗡️

Blurry vision 🌀

Watery eyes 💧



“depression and anxiety are 2-3 times higher in dry eye patients”

- Digital screens**, air pollution, **low humidity**, air allergens, intense **sunlight** and smoking can all worsen dry eye symptoms.
- Dry eye disease is **chronic but treatable!** A good dry eye treatment plan combines **eyelid hygiene** and **eye drops** with **nutritional and lifestyle modifications**.

Get a personalized eye plan that fits your eyecare needs

Take the quiz

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