

# Is Your Vision Healthy?



**EyePromise**<sup>®</sup>  
Live in focus.

# What Is Healthy Vision?

Many people think that if they haven't noticed anything different in their vision that it must be healthy. But that's not always the case. Changes in your vision can occur gradually over time and can go unnoticed.



# What to Look Out for In Your Vision

Like every part of our bodies, our eyes weaken as we age. It's not something we like to think about, but it's something we should pay attention to. Your vision is one of the first senses affected by aging. Most people begin to experience changes in their eyesight around 40 years of age. Noticing these changes can be difficult as they can be subtle.

Changes can include:

- **Sensitivity to bright light or glare** - Vision in bright light or glare conditions usually decreases as we age. Night driving becomes more difficult and makes 40% of people over the age of 40 uncomfortable doing so. This is because it takes up to five times longer to recover from glare than when you were younger.
- **Color perception** - Colors may seem less vibrant and dull, and contrast between colors will seem less noticeable. It may also become difficult to tell where an object ends and where its background begins, making it difficult to see curbs or steps.
- **Occasional dry eye** - This occurs because our tear quality deteriorates with age. We may produce enough tears, but just not enough to keep the eye moist. Signs of occasional dry eye include itching, burning sensations and excess tearing when going from indoors to outdoors.

## Things we Can't Change



# What Can Be Done To Help Protect Vision

Everything you eat doesn't just affect your weight; it directly affects your vision as well. Choosing foods that contain nutrients that actively protect your vision can be easier than you think.

## Zeaxanthin

This nutrient can be found in the skin, brain, and macula. The macula is located within the back of the eye. According to the American Optometric Association, a number of studies indicate zeaxanthin and lutein reduce the risk of age-related eye diseases (AREDS). This is because zeaxanthin not only protects vision from harmful blue light exposure but also improves quality of vision.

Zeaxanthin can be found in orange peppers. However, the body cannot naturally produce zeaxanthin, so the next best option is taking eye vitamins that contain it.

## Lutein

This antioxidant works with zeaxanthin to guard vision from unstable molecules that destroy cells and can cause disease. Lutein, when paired with zeaxanthin, also protects the lens of the eye from the oxidative damage that causes cataracts.

Lutein can be found in kale, spinach, canned green peas, collards and carrots.

## Omega 3

Without the proper kinds of fats in our diet, eye health can suffer. Omega-3 can relieve occasional dry eye symptoms. Regular intake can reduce the risk of developing age-related eye health issues.

Since the body cannot produce Omega-3, we must get this nutrient from foods like cold-water fish (salmon and tuna). Omega 3 can also be found in walnuts, flaxseeds, and dark green leafy vegetables.

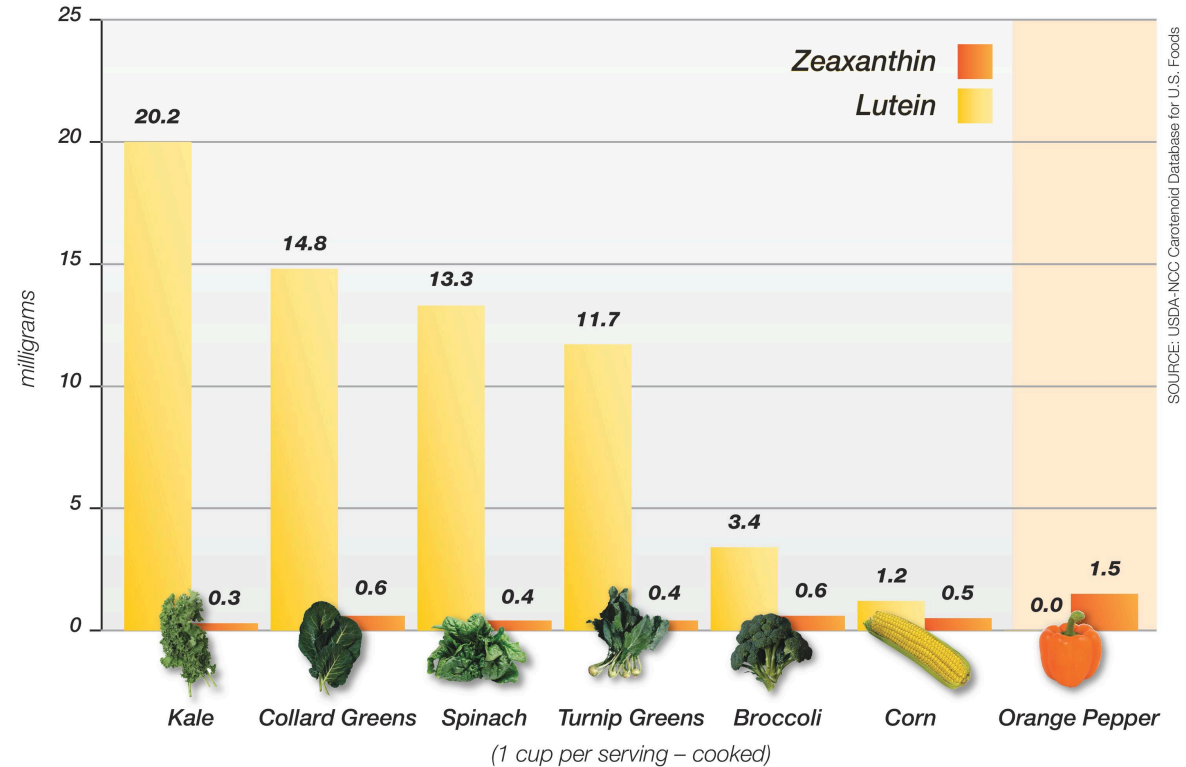


# Why Eye Vitamins Are Necessary

Eating healthy protects vision, however, it's nearly impossible to eat the amount needed to protect and improve vision. That's why taking eye health vitamins is best. Protecting your vision is vital to continue living the life you want.



## The Scarcity of Zeaxanthin in the Diet



Learn What Vizual Edge can do for your vision.