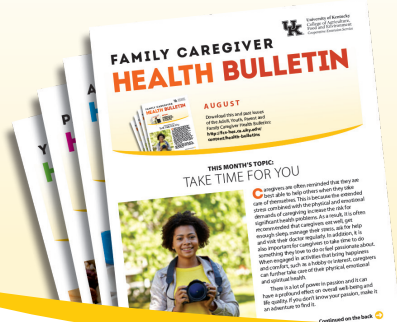




University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service

# FAMILY CAREGIVER HEALTH BULLETIN



**JULY 2022**

Download this and past issues  
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Family Caregiver Health Bulletins:  
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## THIS MONTH'S TOPIC:

# TEAM UP TO PROTECT VISION



**T**he National Eye Institute (NEI) is reaching out to families this year to bring awareness to eye care and to the people who have challenges accessing it. July is Healthy Vision Month. This year's theme, Healthy Vision: A Family Focus, encourages families to team up to learn how to protect their vision together.

There is a lot you can do to keep your eyes, and the eyes of those you care about, healthy. According to NEI, the following suggestions can help keep eyes healthy.

- Know the risk factors for eye disease. Risk factors include being overweight or obese, having a family history of eye disease, and being African American, Hispanic, and Native American. People living with chronic conditions, such as diabetes or high blood pressure, are also at risk.

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LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notification.

## *Schedule regular eye appointments, even if you think your eyes are healthy.*



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- Build eye-healthy habits through physical activity and eating eye-healthy foods such as dark leafy green vegetables and fish, like salmon, tuna, and halibut, which are high in omega-3 fatty acids.
- Quit smoking.
- Wear hats and sunglasses outdoors and protective eyewear during certain risky activities, like sports and home repair.
- Rest your eyes. Computers and phones can tire your eyes. Take a break from your screen every 20 minutes by looking at something about 20 feet away for 20 seconds.
- Schedule regular eye appointments, even if you think your eyes are healthy. Sometimes you might have a problem and not even know it because many eye diseases do not have symptoms or warning signs.
- Help others who cannot do so for themselves schedule or get to eye appointments.
- Tell your children's or grandchildren's doctors if eye problems run in the family.
- Connect family members to programs that can help with the cost of eye care.
- Learn about eye conditions and diseases. Tune in to NEI's Facebook live event to listen to experts talk about eye health. Call NEI or browse its

website to read about conditions and diseases from A to Z. <https://www.nei.nih.gov/learn-about-eye-health/eye-conditions-and-diseases>.

### Get help to pay for eye care

Eye care and glasses can be expensive. Even with health insurance, some policies do not include vision coverage. Programs are available to help. People with low income and those who have risk factors for certain eye diseases may qualify. Many programs require an application. Call or visit the National Eye Institute's website for more information about programs regarding eye exams, eyeglasses, cataract surgery, and prescription drug assistance.

Visit <https://www.nei.nih.gov/learn-about-eye-health/healthy-vision/get-free-or-low-cost-eye-care> or call (301) 496-5248 for both English and Spanish speakers.

#### REFERENCES:

- The National Eye Institute. <https://www.nei.nih.gov>
- NEI. (May 2021). Keep Your Eyes Healthy. Retrieved <https://www.nei.nih.gov/learn-about-eye-health/healthy-vision/keep-your-eyes-healthy>

**FAMILY CAREGIVER  
HEALTH BULLETIN**

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