

## Preventing Poor Vision

June is also featured as Child Vision Awareness Month, Cataract Awareness Month, and Research Vision Month. As a liability insurance provider for Allied Health experts, [CPH and Associates](#) would like to highlight the importance of the work done by professionals who care for our visionary health.

As our bodies mature, we become more at risk for developing age-related macular degeneration which is the leading cause of vision loss in the elderly. As they say, an ounce of prevention is worth a pound of cure! Here are five tips for prolonging the health of your eyes and preventing poor vision:

1. **Fill your diet with foods rich in antioxidants** such as blueberries and strawberries. Spinach is also essential to include in your daily diet as it contains lutein which is believed to prevent vision damage and cataracts. Quercetin, which is found in red onion, is also believed to help prevent cataracts.
2. **Blink often!** By keeping your eyes moist you'll reduce the chance of contracting corneal abrasions and protect the health of your vision.
3. **Schedule regular eye exams** to monitor your vision health. Consulting with a professional will also give you a personalized vision wellness plan.
4. **Wear sunglasses** to ensure protection from damaging UV rays. Research suggests that yellow and amber lenses are most effective for preventing harm.
5. **Stop smoking today.** For the healthy vision (and overall living) it is fundamental to eliminate smoking from your life. Your risk for developing cataracts and/or age-related macular degeneration is significantly increased with prolonged habitual use.

It's never too early, nor too late to reassess your lifestyle habits for healthier living. If you haven't made the visit to your local ophthalmologist in a while, June is as good of time as any in honor of this visionary month

**Author:**  
CPH & Associates