

## Fast Facts

### Vision Changes Prevention Techniques

- Wear sunglasses
- Wear safety glasses
- Keep prescription lenses up to date
  - Don't smoke
  - Limit alcohol
- Maintain healthy weight
- Maintain health blood pressure and cholesterol
  - Maintain healthy blood sugar
  - Eat antioxidant rich food
- Use plenty of light while reading
- Remember 20-20-20 rule when using electronic devices (for every 20 minutes on a device take a 20 second break to look 20 feet away)

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