

Looking after your eyes

Your vision will change as you age. Whether you need to deal with some loss of vision or are looking for a way to protect your vision, these ten tips can help:

1. See Your Eye Doctor

See your eye doctor whenever you have a problem with your eyes. Your eye doctor can help dry eyes, itchy eyes and excessive tearing. Diabetics need to have an eye exam every year. People over 40 should go at least once every five years.

2. Eye Drops

If you have dry eyes, eye drops can keep your eyes moist and comfortable. This is important because moist eyes are able to wash out particles, viruses and bacteria that can cause eye infections and irritations.

3. Don't Smoke

Smoking increases your risk of a number of eye diseases. Avoiding smoking, and quit now if you do smoke. Smoke speeds up the damage to your eye due to the free radicals in tobacco smoke and other factors.

4. Wash Your Hands and Don't Touch

By washing your hands and not touching your eyes frequently, you can greatly reduce your risk of eye infections. Be sure to wash your hands often during the day and keep them away from your eyes.

5. Lots of Fruits and Vegetables

Fruits and vegetables provide essential vitamins and antioxidants that keep your eyes healthy. Try to eat a variety of colors of fruits and vegetables every day. Be sure to include some dark-colored ones.

6. Take a Multivitamin

There are some vitamins that are essential to eye health. To be sure you are getting the right vitamins, take a daily multivitamin. This will help protect your night vision and keep your eyes healthy throughout your life.

7. Manage Your Health Conditions

High blood pressure, diabetes and other chronic illnesses can impact the health of your eyes. By making the necessary lifestyle changes and managing your illness according to your doctor's guidance, you can avoid some of the eye-related complications of many chronic illnesses.

8. Use Contrast

If you notice that you are having trouble seeing, try to add contrast to poorly lit places. Putting a dark piece of tape on a lightly colored step can make a big difference in judging the step accurately. Increasing the difference between light and dark colors in your home can help you avoid falls and continue to function normally.

9. Better Lighting

Lighting can impact your ability to see. Use bright, full-spectrum lights whenever possible. Change your light bulbs and be sure that you have enough light to see clearly. If you notice vision problems, better lighting can help tremendously.

10. Sunglasses

Sunglasses are not just a fashion accessory, they protect your eyes in three ways:

- They filter out harmful UV rays
- They keep dirt and other particles away from your eyes
- They keep your eyes from drying out due to wind

These three benefits will help keep your eyes feeling comfortable and prevent irritation and infection.

Sources:

What causes your eyes to ache?

my eye always seems to ache right behind the eyeball. is this normal or should i see a doctor and get it checked out as soon as possible? also what could be causing this pain because it really hurts?

What Your Symptom Is Telling You

The eyes have been called the most sensitive organs in the human body. That's because they're honeycombed with pain receptors—extremely sensitive, finely tuned nerve endings that help protect these vital organs.

This means that the slightest insult to the surface—a blast of cold, dry air or an inward-growing eyelash, for example—can stimulate these nerves, firing a pain signal to your brain. The result: Your eyes smart or feel scratchy.

Other factors inside your body can also excite your eye's hypersensitive receptors. A sinus infection can inflame the adjacent muscles, for example, and trigger a throbbing, sometimes sharp, pain behind the eye socket. A simple act like rolling your eyes can hurt.

Ironically, keeping your eyes too still for too long can strain the muscles that move your eyes into their proper position. That's why you feel a dull ache around your eyes after staring at spreadsheets on your computer screen for hours or reading page after page of that three-inch-thick novel. If the reading light is dim or the overhead lighting is too harsh, your orbs may ache even more.

In addition, wearing ill-fitting glasses or trying to see through outdated prescription lenses can also strain surrounding muscles.

Sometimes, the pain you feel in your eyes originates elsewhere in your body. "What feels like eye pain is often actually a headache or pain in the facial muscles caused by tension.

But if the pain is severe, your eyes are red and your vision's blurry, the likely culprit is uveitis—an inflammation involving the pigmented areas in the eye. It's often brought on by an infection elsewhere in the body. Severe pain with other symptoms—most notably nausea and haloes around lights—is a sign of glaucoma, a buildup of pressure around the eye that can lead to blindness if left untreated.

Symptom Relief

Any kind of persistent eye soreness or sudden eye pain requires a doctor's evaluation and possibly medical treatment. If it turns out that you have uveitis, for instance, you will need to take an anti-inflammatory medication to reduce the swollen tissues that are pressing on the nerves. For glaucoma, you'll need antipressure drops. Once the pressure has been controlled, you may need laser surgery to prevent fluid buildup.

For run-of-the-mill soreness caused by overuse or sinus infection, here's what you can do.

Don't let the drops drain away. If your doctor has prescribed medicated eyedrops to relieve pain from infection or some other cause, you need to make sure the medicine stays in your eyes and doesn't roll down your cheeks. The correct way to apply eye drops: Tilt your head back and squeeze a drop or two inside your lower eyelid. Keep your eyes closed for a good two minutes. Or, you can use your finger and press in the inside corner of your eye. This allows the drops to penetrate into the eye and prevents them from getting into the bloodstream.

Try artificial tears for scratchiness. Home remedies such as over-the-counter artificial tears can relieve mild eye discomfort caused by dryness, cold air or smog, according to Kenneth Kauvar, M.D., assistant clinical professor of ophthalmology at the University of Colorado School of Medicine in Denver and author of Eyes Only. If after two days of using these drops your eyes still smart, see your doctor.

Take two aspirin and relax. If you're experiencing a dull ache in or around your eyes, it may be headache-related. If so, one or two aspirin every six to eight hours should relieve the problem, says Dr. Kalina. If the pain is still there after two days, see your doctor.

Give your eyes a break. Taking a brief rest from prolonged reading or other close work may be enough to relieve eye strain. Look up from the page or computer screen and gaze off into the distance every ten minutes or so. Or let your eyes unfocus every so often.

Do pencil push-ups. Simple eye exercises can limber up tired eye muscles that have been fixed on a computer screen for hours. Try focusing your eyes on a pencil as you slowly move it in toward your nose and then back out again. Repeat for a full minute every 20 minutes,

Use soft overall lighting plus spotlights. Dim lighting or glare strains eyes as your muscles keep trying to move your eyes into a position to obtain the most light. The best illumination is soft overall background lighting