



DEVON LOCAL OPTICAL COMMITTEE

GATEKEEPERS OF EYE CARE

National Eye Health Week 2017 this year takes place between 18th and 24th September 2017

This year Devon LOC has focused on nutrition and Eye Health. This can be downloaded from the Devon LOC website ([here](#)) for your use. Thanks to the LOC members who helped to produce this.

We have 2 sample recipes from local chefs using foods good for eye health. Special thanks to chefs Dominic Chapman and Michael Caines



NATIONAL EYE HEALTH WEEK
MONDAY 18 – SUNDAY 24 SEPTEMBER 2017
YOUR VISION MATTERS

DEVON LIFE

Our press release this year in Devon Life

Sight is the one sense people fear losing the most, yet many of us don't know the best way to look after our eyes, says the Devon Local Optical Committee. This is why it is so important you get your eyes tested regularly – even if you think your vision is fine – as some eye conditions may not show symptoms.

A sight test is a vital check on the health of the eye and includes the detection of eye conditions. Many of these, if found early, can be treated successfully, avoiding potential sight loss.

Eating a healthy diet will help you keep your eyes healthy too. Studies have shown that nutrients such as omega-3 fatty acids, lutein, zinc, and vitamins C and E may help ward off age-related vision problems such as macular degeneration and cataracts.

Eating a diet rich in fruits and vegetables, particularly dark leafy greens such as spinach, kale, or collard greens, is important as well as eating foods rich in omega-3 fatty acids like salmon, tuna, eggs and nuts.

Eating a well-balanced diet also helps you maintain a healthy weight, which makes you less likely to get obesity-related diseases such as type 2 diabetes. Diabetes is the leading cause of new cases of blindness in adults.

If you do not already undertake routine eye examinations or have concerns about your vision contact your local optician to make an appointment.

EATING FOR EYE HEALTH

Healthy eating is good for your eye health as well as general health

Did you know that when you have an eye test, your optician checks much more than just your glasses prescription?

They have specialist equipment and are trained to carry out a health check on your eyes too.

Early detection of problems can lead to prevention of vision loss.



Many eye problems are common with age, and can be easily treated. For example, difficulty reading small print or cataracts. However, your optician might also spot early signs of Macula Degeneration. This is a condition which affects the central vision of one or both eyes making it difficult to read or even recognise faces. (5)

Did you know?

Macula Degeneration is the MAIN cause of SIGHT LOSS in the developed world (5)(6)

Choose your fruit and veg to be as colourful as possible to maximise the benefit to you and your eyes!

The top ingredients to look out for include: (1)(2)(3) Carrots, Broccoli, Eggs, Spinach, Red and Yellow Peppers, Sweetcorn, Kale, Tomatoes, Fruit Juices (especially orange juice), Salmon, Mackerel and Spices - Cayenne Pepper and Paprika

Why not have a look over the page to see how tasty a dish prepared using these ingredients can be. We hope you not only find it delicious, but you might be benefiting the health of your eyes too, enjoy!

Early detection of Macula Degeneration by your optician can lead to prompt treatment, and you may benefit from altering your diet to include ingredients high in vitamins and antioxidants which we now know can reduce the risk of vision loss.

This leaflet was created by the Devon Local Optical Committee to support National Eye Health Week 18th - 24th September 2017



(1) <https://www.ncbi.nlm.nih.gov/pubmed/9828775>
(2) <https://www.ncbi.nlm.nih.gov/pubmed/19813225>
(3) https://www.ars.usda.gov/ARSUserFiles/60400225/Articles/EB04_NFNAP_Carrot.pdf

(4) <http://www.areds2.org>
(5) <http://www.rhe.uk/Conditions/Macular-Degeneration/Pages/introduction.aspx>
(6) <http://www.nature.com/eye/journal/v24/n11/full/eye2010122a.html>



Eye Health

Vision really matters. Sight is the sense people fear losing the most, yet many of us don't know the best way to look after our eyes.



Don't forget our eye health leaflet which is available as a PDF download on the Devon LOC Website [here](#)

THE MEDICAL EYE CLINIC
All your eye needs

National Eye Health Week

@

The Medical Eye Clinic

Wednesday 20th September from 5pm

NATIONAL EYE HEALTH WEEK
MONDAY 18 - SUNDAY 24 SEPTEMBER 2017
YOUR VISION MATTERS

Devon in Slight

GUIDE DOGS

Local Events

The Medical Eye Clinic is running a charity blind tasting event on Wednesday 20th September 2017.

The event will raise money for Guide Dogs and Devon in Slight.

Click [here](#) for more information

INFORMATION AND RESOURCES
www.visionmatters.org.uk