

# Keeping your eyes healthy this summer

Whether you are punting, reading on Jesus green or enjoying a cocktail in a Cambridge wine bar we all take our eyes for granted in the summer. Clampt optometrists recommend four ways to help your eyes this summer.

Clampt optometrists is a boutique optical practice in Cambridge city centre



## 3 EAT WELL

A healthy diet can contribute to the health of your eyes. The compounds lutein and zeaxanthin are thought to be particularly important in maintaining healthy vision. They are found in many fruits and vegetables but, spinach, kiwi fruit and mangos are particularly good sources. Vitamins A, C and E and zinc are also important: studies show they reduce the risk of developing macular degeneration and slow the progress of cataracts later in life.

## 4 HAVE REGULAR EYE EXAMINATIONS

We all value our vision, and know that our eyes cannot be replaced. The eye examination does much more than simply tell you how long or short sighted you are. Your ocular health is also assessed; so regular eye examinations can also lead to early diagnosis of conditions such as glaucoma, cataract or macular degeneration. Underlying general health problems can also be picked up, including diabetes, high blood pressure and many more. New techniques such as retinal photography can aid the diagnosis and monitoring of subtle changes in your ocular health.

## 1 MOISTURISE YOUR EYES

Dry and tired eyes are a nuisance and it is not just contact lens wearers or people who use a computer who can benefit from moisturizing their eyes. Tear supplements are a good way to replenish the tear film and make your eyes feel refreshed and comfortable. There are many supplementary teardrops available and you should try a few before deciding which ones work best for you. Preservative free drops are best for your eyes and convenient for carrying with you when out and about. Blink is particularly good, it is available in two varieties: Blink Refreshing for tired eyes and Blink Contacts for very dry eyes and contact lens wearers. Blink Contacts lubricates your eyes with Sodium hyaluronate, a naturally occurring substance found in your eyes.

## 2 PROTECT YOUR EYES FROM UV LIGHT

Exposure to UV light is just as damaging to your eyes as it is to your skin: UV light can contribute towards corneal damage, cataracts and eyelid disease. While sunglasses protect the inside of your eyes from the harmful rays of the sun, you should also make sure to apply sun protection to your eyelids and the skin surrounding the eyes: skin cancers on or around the eyelids are not uncommon in the UK. Some tints can enhance contrast or help improve your game of tennis or golf, while, more seriously, some colours such as blue are not safe for driving.

To arrange an eye examination at Clampt optometrists call the practice on 01223 350043 or visit [www.clamptoptometrists.com](http://www.clamptoptometrists.com)