

PRESS RELEASE



TO: Editor in Charge
CONTACT: Janet Scheffer
Mana Means Communications, (808) 521-1160
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**Photo Attached*



May is Healthy Vision Month Protect Your Eyes

(Honolulu, Hawaii) May 5, 2017-Approximately 37 million American adults have age-related macular degeneration (AMD), cataract, glaucoma or diabetic retinopathy, which is the leading cause of new cases of blindness. May is designated Healthy Vision Month by the American Academy of Ophthalmology to raise awareness of the preventative measures you should take to protect your vision.

According to the American Diabetes Association, nearly 600,000 people in Hawaii have prediabetes or diabetes. Diabetes affects many areas of the body including the eyes. If you are diagnosed with diabetes, it's important to monitor your blood sugar levels and take insulin and other prescribed medications.

Early detection of eye diseases is vital in preserving your eyesight. If you're 40 and over, get a comprehensive dilated eye exam every two to three years from your eye care professional. If you're 60 and over or have diabetes, get an eye exam once a year.

Keeping your blood pressure and cholesterol in check can also help to decrease your risk of developing eye diseases. This can be accomplished by exercising regularly and maintaining a healthy, balanced diet.

Hawaii's consistently warm weather year-round offers a great variety of fresh produce and seafood rich in antioxidants and nutrients that can help protect your eyes:

- Citrus fruits are well-known sources of *vitamin C*: oranges, lemons, limes and tangerines. Other great sources: pineapples, broccoli and bell peppers.
- *Vitamin E* can be found in many different foods: avocados, almonds, sunflower oil and wheat germ.
- *Beta-carotene* is found in foods typically bright orange or dark green in color: carrots, mangoes, sweet potatoes, papaya, spinach and collard greens.
- Great sources of *zinc* include low-fat proteins: oysters, chicken and turkey. Other great sources: peanuts, soybeans and black eyed peas.
- Leafy, green vegetables are great sources of *lutein* and *zeaxanthin* (both found in healthy eyes): watercress, taro greens, kale, spinach and bok choy.
- *Omega-3 fatty acid* is found in many fish: tuna, salmon, halibut and sardines. Other great sources: walnuts and flaxseed.

Healthy Vision Month reminds you to protect your vision by adding these preventative measures to your daily routine.