VISION CENTER OF EXCELLENCE

SAVE YOUR VISION AROUND THE CLOCK

From morning till night, small changes can make a big difference to Save Your Vision.

7:00AM

Eat well!

Studies show that nutrients help fight age-related vision problems, such as macular degeneration, glaucoma, diabetic retinopathy and cataracts.

8:00AM

Wear your sunglasses.

Make sure the glasses absorb 99% of UV A and B rays for the best protection.

8:30AM

Get to work.

On a computer: Remember the 20/20/20 rule. Every 20 minutes, take a break for 20 seconds and look at objects 20 feet away. (It's also a good idea to stand up and walk around every 20 minutes!)

In training or the field: Use your eye protection! 90% of eye injuries are preventable with the use of proper eye protection.

12:00PM

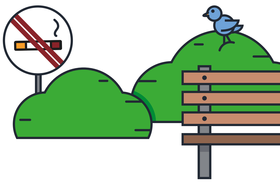
Time for lunch!

Fuel up and take a walk instead of eating dessert! Regular exercise is the partner to good nutrition in avoiding a chronic eye diseases of aging: diabetic retinopathy, macular degeneration, glaucoma and cataracts.

2:00PM

Take a break, skip the cigarettes.

Smoking increases the risk of cataracts, macular degeneration and other vision issues.



5:30PM

Gear up with eye protection.

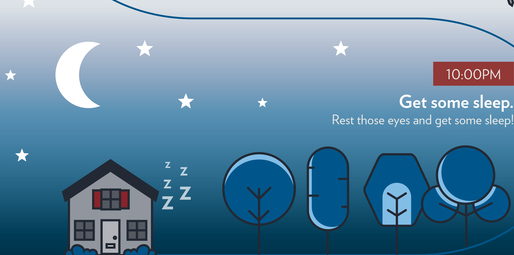
Nearly 15% of eye injuries occur while playing sports, mostly from baseball, basketball and racquet sports. Make polycarbonate eye protection part of your pre-game checklist.

Or go for a ride. Eyepro plays a dual role in bicycle and motorcycle safety. It prevents against wind blasts and foreign objects in the eyes and reduces eye injuries in crashes.

7:00PM

Tackle the to-do list.

Almost half of all eye injuries occur around the home, particularly in the kitchen, yard and garage. Remember 90% of all injuries can be avoided by wearing eye protection.



10:00PM

Get some sleep.

Rest those eyes and get some sleep!

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