

**TOP TIPS FOR LOOKING AFTER YOUR EYES**

Everyone needs to get their eyes checked every 1 to 2 years. This is to see if you need glasses and to check that your eyes are healthy.



An eye check could help you get early treatment and save your sight.



10 times more people with a learning disability have a serious problem with their eyes.



Optometrists (Opticians) can use different ways to test your eyes. No one is too disabled to have a sight test.



If you cannot visit the Optician, they can come to your home.



If you are diabetic, you will need a diabetic eye screening check every year.



TOP TIPS FOR LOOKING AFTER YOUR EYES

		<p>Get your eyes tested every 1 to 2 years.</p>
		<p>Eat a good diet Eat oily fish, foods low in saturated fats and dark green leafy vegetables.</p>
		<p>Exercise Keeping fit helps your body to stay well including your eyes.</p>
		<p>Stop smoking. Smoking can cause problems with your eye sight.</p>
		<p>Keep your glasses clean.</p>
		<p>Protect your eyes from bright sunlight.</p>