

Ways to Keep Your Eyes Safe and Healthy

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The [UCSD Shiley Eye Center](#) is the destination for individuals throughout the world seeking the best practitioners in eye care. For more than 20 years the Shiley Eye Center ophthalmologists have been saving patients' sight.

May is Vision month and the physicians at the Shiley Eye Center offer these tips for healthy eyes:

Annual eye examinations play an important part in maintaining your eye health, especially if you are over the age of 60. Contact your physician if you experience any eye distress or acute problems with your vision. Even the smallest of problems may be symptoms of larger problems in vision and overall health.

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Wear sunglasses. Sunglasses are sunscreens for the eyes. Without sunglasses, your eyes are unprotected from the harmful UVA and UVB rays of the sun. Sunglasses can be the main factor in saving your eyes from sight-ending diseases such as macular degeneration.

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Quit smoking. There are many studies which show that people who do not smoke are less likely to develop signs of macular degeneration and other eye diseases. If you do smoke and you have already developed symptoms of eye diseases, you can help prevent further damage to your eyes by quitting.

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Wear eye protection when playing sports. Sports injuries to the eye represent a significant eye health hazard. Eyewear prescribed for sports should have lenses fabricated from

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For an appointment or for information, call (858) 534-4981.

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