

# Sand Run Pharmacy

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## Keeping an eye on your eye health

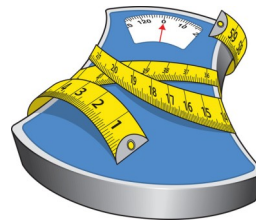
Your eyes are an important part of your health. Certain vision problems, such as cataracts and farsightedness, occur as a natural result of aging. However, here are some simple steps you can take to maintain healthy eyes.

**Eat for good vision:** Certain nutrients, such as antioxidants, omega-3 fatty acids, lutein, and vitamins A, C, and E can promote eye health. Eat a diet rich in green, leafy vegetables such as spinach, kale, and collards, salmon, tuna, and halibut, eggs, nuts, beans, oranges and other citrus fruits.



**Maintain a healthy weight:** This makes you less likely to get obesity-related diseases such as type 2 diabetes. Diabetes is the

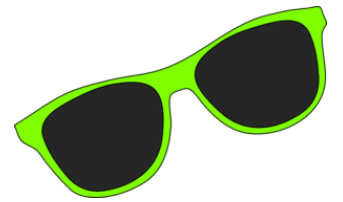
leading cause of blindness in adults.



**Quit smoking:** Research has linked smoking to an increased risk of developing age-related macular degeneration, cataract, and optic nerve damage, all of which can lead to blindness.



**Wear sunglasses:** Choose sunglasses that block 99 to 100% of UVA and UVB rays. Too much UV exposure makes you more likely to get cataracts and macular degeneration.



**Look away from the computer screen:** Try the 20-20-20 rule: every 20 minutes rest your eyes by looking 20 feet away for 20 seconds. This can help reduce eye strain.



**Use appropriate medications for you eyes:** Experiencing dry-eye? Are your eyes itchy from springtime allergies? Read the over-the-counter eye drop guide on the back. Don't forget to see your doctor if any problem worsens or persists.



**Eye Vitamins:** If you don't think you're getting enough nutrients in your diet, consider supplementing with eye vitamins. Specially formulated to provide the minerals and nutrients to support eye health. Studies have shown AREDS and AREDS2 reduce the risk of vision loss from advanced age-related macular degeneration.



# NATIONAL HEALTHCARE DECISIONS DAY

★ your decisions matter ★

There will be an *Advanced Directives Workshop for Living Wills and More on Tuesday, April 19 at the Wellness Center in Montrose from 5:30-7pm. This is a free event. Call 668-4638 for more information.*

## *"It Always Seems Too Early, Until It's Too Late"*

April 16, 2016 is National Healthcare Decisions Day (NHDD). This day exists to inspire, educate, and empower the public and providers about the importance of advance care planning. NHDD is an initiative to encourage patients to express their wishes regarding healthcare and for providers and facilities to respect those wishes, whatever they may be. The theme of 2016 is *"It Always Seems Too Early, Until It's Too Late."*

All adults can benefit from thinking about what their healthcare choices would be if they are unable to speak for themselves. Decisions can be written down in an advance directive so that others know their wishes. Advance directives come in two main forms: a "healthcare power of attorney" documents the person you select to be your voice for your healthcare decisions if you cannot speak for yourself and a "living will" documents what kinds of medical treatments you would or would not want at the end of life.

# More Eye Care!



## Over-the-counter eye drops

Searching the pharmacy shelves for an over-the-counter (OTC) product can be overwhelming. Bright colored packaging of different brands touting words such as 'Ultra', 'Advanced', and 'Maximum'. Use this eye guide to help you find exactly what you need. Please note if you use an OTC eye care product for 72 hours without improvement of the condition being treated or the condition worsens, you should see a doctor. Ask our pharmacists for help choosing the right product for you!

**For dry eyes:** Artificial tears or lubricants are used to lubricate the eye and thicken tears. Ointments should be used prior to sleep.



**For red eye:** Decongestants are used to shrink swollen blood vessels. Use with caution if you have high blood pressure.

**For itchy eyes:** Common antihistamines are Zaditor and Alaway. Sometimes antihistamines are combined with decongestants for allergy symptoms (ex: Naphcon A). Ketotifen is an anti-inflammatory which can also relieve itching.

