

INSPIRED

To Make Healthy Choices

Are you taking your eyesight and hearing for granted?

Small decisions to minimize damage and avoid risks can make such a big difference in how healthy these organs will be as we get older.

Many commercial messages remind us to wear sunscreen to protect our skin from ultraviolet (UV) rays when we are outdoors.

But what about protecting our eyes from those same UV rays?

UV rays may be related to some eye diseases later in life, such as macular degeneration, cataracts and even skin cancer around the eyelids.

Everyone who spends time outdoors (including children) should wear sunglasses and a wide brimmed hat.

The sunglasses should fit well and be able to absorb 99-100% of both UV-A and UV-B rays.

More than one million people suffer eye injuries each year in the United States.

Appropriate protective eyewear could prevent 90% of these injuries.

Almost all eye injuries can be prevented if we protect our eyes and are aware of possible risks.

For youth ages 5 to 14, baseball is the number one cause of sports-related injuries.

Insist that children use protective eyewear when participating in sports or other hazardous activities.

Don't forget that any of the following may cause a serious eye injury:

pencils, scissors, forks, penknives, paper clips, bungee cords, wire coat hangers, rubber bands, fishhooks, sink or oven cleaners, sprays and projectile toys such as darts, bows and arrows and missile-firing toys.

If you get a particle or piece of foreign material in your eye:

- * DO NOT rub the eye.
- * Lift the upper eyelid over the lashes of your lower lid.
- * Blink several times and allow tears to flush out the particle.
- * If the particle remains, keep your eye closed and seek medical attention.

Can you hear me now?

Our environment has become much louder over the past few decades. 30 million people are exposed to dangerous noise levels each day.

So, how loud is too loud and damaging to hearing?

Sounds that are 85 decibels (dB) or louder can permanently damage your hearing. The louder the sound, the less time it takes to cause damage.

If you have to raise your voice to shout over the noise to be heard by someone within an arm's length away, the noise is probably in the dangerous range.

Choices that will make a difference in your hearing are:

- ◇ Limit exposure time to noisy activities.
- ◇ Wear hearing protection, such as foam or silicone plugs or muffs.
- ◇ At home, turn down the volume on the television and all other electronics.
- ◇ Reduce the number of noisy appliances running at the same time in your personal environment.

Making simple, positive and healthy choices now will give you additional years of being able to see and hear as you age.

For more information:
EYESIGHT & HEARING
www.guideinc.org

By 2030, twice as many people will be blind as are today.

Sunglasses protect your eyes!

Don't hear well?
 Get your hearing checked!

Be aware of the noise around you!
 Hair dryer: 85-90 decibels
 Motorcycle: 95 decibels

