

Promoting Vision Health

Tip Sheet



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There are a number of strategies that may reduce risk of the major eye diseases of aging, including cataracts, glaucoma, age-related macular degeneration, and diabetic retinopathy.

- Eye health screening including periodic vision testing from pre-school on, color vision testing particularly for young children, and assessing intraocular pressure periodically in young adulthood and annually from midlife on
- Wear sun glasses that are UV protective and have coverage of a large area, including the sides; avoid mid-day sun
- Stop smoking
- Maintain weight within normal limits and BMI of under 25
- Get physical exercise daily ñ walking is great, and 150 minutes per week is a good goal
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- Drink alcohol in moderation
- Maintain strict glycemic control if you are diabetic
- Dietary suggestions: limit dietary fat, eat varied colorful vegetables and berries

Reference

Sharts-Hopko, N.C. (2010). Lifestyle strategies for the prevention of vision loss. *Holistic Nursing Practice*, 24(5), 284-291.

