

April is Women's Eye Health and Safety Month

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April is all about the ladies and their eye health and safety. As women are often the ones who manage family health concerns, we want to make sure to remind you to take care of yourselves too.

Did you know that 2/3 of blindness and visual impairment occur in women? Did you also know that 70% of legally blind people are women? Hormonal changes, age and smoking, to name a few things, can all endanger sight. It is imperative then, that women remain educated and examined by their eye doctors at least on an annual basis.

Dry eye syndrome is one malady that also seems to hit women more than men. According to the National Women's Health Resource Center (NWHRC), approximately 6 million women have moderate to severe symptoms of dry eye syndrome compared to 3 million for men.

According to the NWHRC, while the risk of dry eye increases with age, risk factors also include: refractive surgery (LASIK), severe allergies, certain medications and contact lenses. Those with rheumatoid arthritis and other diseases are also at increased risk.

So what is a lady to do? In the case of dry eye syndrome, you can eat more seafood! Results show that women who consume the most omega-3 fats from fish have a 17% lower risk of suffering from dry eyes when compared to women who consumed little or no seafood.

The most important thing is to be consistent with your yearly routine examinations.