

# PROTECT YOUR EYE HEALTH

Protecting your eye health is one of the most important things you can do for yourself. Try keeping your eyes closed and moving in a complete darkness without any aid. You will experience how blindness can impact your daily lives. According to latest statistic by World Health Organization (WHO) in 2017, there are 36 million people living with blindness. This number will continue to increase threefold by 2050 due to the aging population.

The most common causes of blindness or weak vision are cataract and glaucoma. Cataract is a condition which eyes vision become blur. Most cataracts are related to aging and very common in people above 60 years old. On the other hand, glaucoma is a group of diseases that can damage the eye's optic nerve. Without treatment, people with glaucoma will slowly lose their peripheral vision, which may decrease until no vision remains.

Some cases of blindness are avoidable. Your best defense is to have regular checkups as early detection and treatment could prevent vision loss. See an eye care professional right away if you have a sudden change in vision such as dimness, flashes of light, pain, double vision and so on.

Besides, a variety of prevention steps for eye health are available as below:

- 1 Eat well. Orange-colored fruits and vegetables which contain high  $\beta$ -Carotene like carrots and sweet potatoes can help protect against certain eye conditions. Besides that, antioxidant like lutein is believed to be highly effective in protecting eyes. You can get this from K-NutriE, a supplement which is extracted from different berries to protect the harmful free radicals hence safeguard your eye sight. On the other hand, studies suggest that omega-3 fatty acid from cold-water fish like salmon and tuna reduce the risk of developing eye disease.

I suggest one should take fish oil supplement, K-OmegaSqua 1 capsule a day.

- 2 Wear sunglasses/ specialized ionized spectacles. Ultraviolet (UV) light from the sun can cause damage to your eyes. To reduce risks, always wear sunglasses when in the sun. Besides, you can also wear K-Ion Nano spec which has anions and far infrared that improves blood circulation to protect eyes from aging defects.

- 3 Avoid smoking. Smoking reduces the amount of oxygen in your bloodstream, so less oxygen reaches the eye. This causes oxidative stress and damages the retina.

- 4 Give your eyes a rest. If you spend a lot of time using a computer, your eyes can get tired fast. To reduce eyestrain, try the 20-20-20 rule: Every 20 minutes, look away about 20 feet in front of you for 20 seconds.



By protecting your eyes, you will reduce the odds of blindness and vision loss. Your future can be colorful and full of life when you have no problem in vision.



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