

# Eye Health Becomes A Significant Concern

Angela Jones January 20, 2015



car sun shade rear window

**As 2015 gets underway, national institutions speak up about issues for eye health and why it's so important to look after them.**

(Newswire.net -- January 20, 2015) Las Vegas, NV -- The Times has recently published a report about issues coming from national organizations regarding general eye care health. According to optometrist Russell Peake, how our general health plays is a key function in the health of our eyes for how well they see as they age. He also said... "Present studies suggest that being more active can help to lower the danger of the loss of sight from high blood pressure, diabetes, high cholesterol, and narrowing or hardening of the arteries."

Russell, a Manager for Boots Opticians, states that it is extremely important to make healthy choices when it concerns the eyes. He also said... "Eyes age much like any other part of the body. Look, skin wrinkling is one thing, however losing your eyesight is something entirely different. I mean envision not having the ability to see your grandchildren. One of the highest threats for eyesight is smoking cigarettes, virtually doubling the risk of loss of sight, through conditions like cataracts and age-related macular degeneration (AMD), a leading cause of sight loss in the UK."

The Royal National Institute of Blind Persons says that 100 people in the Great Britain start to lose their sight daily, yet 50 % of sight loss could be prevented, with giving up cigarette smoking being an essential aspect. Russell adds... "Numerous cigarette smokers simply don't recognize their bad habit triggers eye damage, though studies have currently described the link in between smoking and loss of vision as being as strong as the link between smoking cigarettes and cancer."

Russell explains that dry eyes is a typical condition among older people, which can be really unpleasant. He also says... "When we're staring at COMPUTER screens, cell phones and iPads, we only manage to blink half as much as we would usually, implying the eyes dry a lot quicker. Another threat to healthy eye sight is a specific spectrum of blue-violet light that can result in retinal cell death. This spectrum originates from sunshine, the light developed by LED and cellular phone screens, as well as low-energy light bulbs."

According to Russell caring for eye health does not really stop there. He added... "Ultra-violet (UV) sunshine rays do have a damaging impact on eyes so it's crucial that both adults and kids secure their eyes from hazardous sun rays by wearing quality sunglasses for outdoors and having a **car window sunshade** set up for vehicle car trips out. Children's eyes are really vulnerable, as as much as 80 % of UV being exposed to eyes occurs before the age of 18. Amazingly enough, though 95 % of people understand that skin damage and sun exposure are related, just 7 % in fact understand that the sun damages our eyes. Prolonged exposure to the sun's UV rays has currently been linked to cataracts, macular degeneration as well as certain types of eye cancer."

For further information, please visit the following weblink: <http://www.amazon.com/Car-Sun-Shade-Windshield-Investment/dp/B00LFNONX6/>

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