

REFRACTIVE ERROR

Supportive Management

For maintaining general eye health

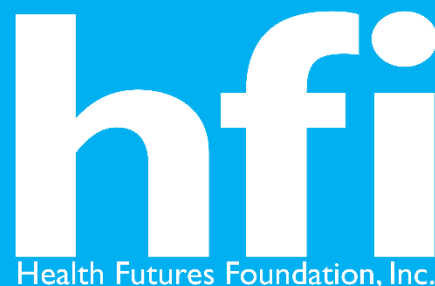
- Maintain a healthy diet containing green leafy vegetables and fish rich in omega-3 oils (e.g. sardines, tuna, anchovies, and salmon).
- Use a pair of eyeglasses or contact lenses with prescription that is most accurate.
- Use sunglasses that are anti-glare or those that block ultraviolet (UV) rays.
- Have better lighting at home. Turn on lights or add more lights to improve vision.
- Manage underlying health conditions that can adversely affect vision (e.g. diabetes mellitus, hypertension, and other cardiovascular diseases).
- Have routine eye check-ups.

Herbal Medicine

• Anti-oxidant-rich foods

- For promotion of eye health
- Consume varieties of fruits and vegetables. Consume by eating liberally or by including in cooked meals.
 - Lutein-rich foods: mango, carrots, corn, dark leafy vegetables, sweet potatoes, squash
 - Zeaxanthin-rich foods: orange, corn, orange bell pepper, honeydew melon
 - Vitamin-A-(Beta-carotene)-rich foods: dark leafy vegetables, sweet potatoes, carrots
 - Vitamin-C-rich foods: citrus fruits (calamansi, orange, orange, grapes, lemon), broccoli, tomatoes, berries
 - Vitamin-E-rich foods: avocado, sweet potato, almonds, spinach, pumpkin seeds, sesame seeds, broccoli, papaya
 - Zinc-rich foods: spinach, kidney beans, pumpkin seeds, watermelon seeds

Consult optometrist or ophthalmologist for appropriate diagnosis and intervention (e.g. corrective glasses, contact lenses, or refractive surgery).



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