

# Looking out for your eyes

As we age so do our eyes so it's important that we do everything possible to make sure our optical health is in tip top condition! Most of us take good vision for granted but do you know that what you eat has an impact on the health of your eyes?

Sadly, macular degeneration which causes difficulty reading, colours to appear less vibrant and faces harder to recognise, affects 25 per cent of people over 70.

Its early symptoms include blurred central vision and it can also make straight lines appear wavy, for example door and window frames.

Those at greater risk from macular degeneration are:-

- People who smoke
- People without a balanced diet
- People over 65
- People with a family history of macular degeneration

As we start the New Year, let's think about our eyes and how amazing they are and concentrate on keeping them healthy. We can do this by eating a varied, well-balanced diet. Eyes love the nutrients found in oily fish, nuts and dark green leafy vegetables such as broccoli and spinach.

Dietary surveys in the UK have shown that certain vitamins and minerals in many people's diets fail to meet recommended levels and it can be hard to get enough of the eye-friendly nutrients in your everyday food. Nutrof Total is a complete nutritional supplement to support eye health. It is a one a day, easy to swallow capsule which can help supplement your diet. Talk to your optician if you think this might be beneficial for you.

Our eyes deserve the best care possible, make sure yours are examined regularly by an optician so they remain healthy and any changes can be detected at an early stage.