



## Glaucoma



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### TIPS TO HELP PRESERVE AND IMPROVE YOUR EYE HEALTH, AND LOWER YOUR EYE PRESSURE.

As surprising as it may sound the same lifestyle changes that lower blood pressure typically also work to lower your eye pressure, thereby helping to prevent and even treat glaucoma.

1. **Lower your insulin levels.** As your insulin levels rise, it causes your blood pressure, and possibly also your eye pressure, to increase.
2. **Exercise regularly.** One of the most effective ways to lower your insulin levels is through exercise.
3. **Take an animal-based omega-3 fat supplement.** A type of omega-3 fat called DHA may help protect and promote healthy retinal function. DHA is concentrated in your eye's retina and has been found to be particularly useful in preventing macular degeneration, the leading cause of blindness.
4. **Get lots of lutein and zeaxanthin.** Many have never heard of these two vision powerhouses, but they are incredibly important for your eyesight. Lutein, a carotenoid found in particularly large quantities in green, leafy vegetables, acts as an antioxidant, protecting cells from free radical damage. Some excellent sources include kale, collard greens, spinach, broccoli, brussels sprouts and egg yolks.
5. **Avoid trans fats.** It may interfere with omega-3 fats in your body, which are extremely important for your eye health.
6. **Eat dark-colored berries.** The European blueberry, bilberry, is known to prevent and even reverse macular degeneration, and bioflavonoids from other dark-colored berries including blueberries, cranberries and others will also be beneficial. They work by strengthening the capillaries that carry nutrients to eye muscles and nerves.

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