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Joint Efforts of Ophthalmologists and Optometrists on Providing Effective Eye Disorder Treatments by [Vincent Davis](#)

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Joint Efforts of Ophthalmologists and Optometrists on Providing Effective Eye Disorder Treatments

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The natural aging process affects all vital body parts, including the eye and your 20/20 vision. This does not mean you cannot do anything since it is possible to prolong the function of these body parts, especially the eyes. @@@@Health care experts suggest some practical habits to keep your eyes strong and your vision as clear as possible. The best way is to visit an eye care professional for a complete dilated eye examination. This is the only way youâ€™ll find any issues with your eyesight and learn about treatments to correct them before they get worse. Being aware of your familyâ€™s eye health history is also beneficial. Some diseases of the eye are genetic, so knowing about your genetic tendencies can help you prepare better. @@@@Some people believe that eating carrots to acquire excellent vision is no more than a tall tale. In fact, Bugs Bunny does have a point. Carrots and leafy vegetables are truly beneficial for the eyes. Consuming fish high in omega-3 fatty acids, like salmon and tuna, is also extremely advised. Maintaining a healthy weight helps prevent obesity and corollary diseases, such as hypertension and diabetes, which impair vision and trigger blindness. @@@@One should also put on protective eyewear when engaging in sports or other physical activities that may affect the eyes. More than just fashion accessories, sunglasses guard your eyes from the dust and harmful ultraviolet rays. Permitting your eyes to rest and keeping your hands and contact lenses clean are also good eye care practices. The most crucial habit, however, is to quit or never begin smoking. It not only endangers your heart and lungs, but particularly your eyes. Smoking multiplies the risk of developing age-related macular degeneration, cataracts, and optic nerve damage. @@@@However, if you acquire an eye disorder at any time in your life, donâ€™t despair. Cure and treatment are always available from any skilled opthamologist Vancouver eye care centers hire. Ophthalmologists assess your eyes thoroughly and perform the proper analysis on whether you require corrective glasses to treat your condition. For every eye disorder, an ophthalmologist is the best professional to visit. @@@@A lot of eye care health providers do not only employ ophthalmologists, but optometrists and opticians too. These experts make sure appropriate therapy for every eye disorder patients may have. An optometrist West Vancouver eye health centers employ is always expected to give the appropriate kind of glasses to address any patientâ€™s dilemma. @@@@All optometrists Vancouver eye centers have work closely with their allied counterparts to give their patients the greatest service in eye care. Whatever the state of your eyes, it is never too late to take eye care seriously.

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[Vincent Davis](#) - About Author:

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