EXERCISE, NUTRITION AND EYE HEALTH

Tami Hagemeyer, A.B.O.C.

[tamihagemeyer@gmail.com](mailto:tamihagemeyer@gmail.com)

TLHConsulting,LLC

Physical activity has long been known to create a healthy body. It now has become evident (thru medical research), exercises’ benefits to our body is beneficial to our eye health also. Science has now found a direct correlation between increased brain activities during exercise and improving our chance to avoid, and manage many eye conditions.

Our society has become more sedentary than ever before, and, less activity makes everyone more prone to obesity. As we see more obesity, we see more of the diseases that are associated with it. Diabetes, and hypertension are two of those main diseases. But as our bodies become sick with obesity, our brains also suffer. Physical activity is a work out for our bodies and our brains. Our eyes are a part of our brains.

Scientists have concluded that fifteen minutes of physical exercise can extend a person’s lifespan by approximately three years. Activities as simple as walking show benefits to our bodies and our minds. Some scientific studies have recommended incorporating exercise as part of their treatment for many diseases, as it is effective “cheap and safe.”

Researchers have concluded that older adults who have an active lifestyle and exercised three or more times a week had a 70% lower risk of developing wet age related macular degeneration. The benefits of walking approximately twelve blocks regularly decreased their risk of age-related macular degeneration by 30%.

As our society struggles with weight so do our children. Morbid childhood obesity is at an epidemic stage in the world today, and most scientists attribute it to the lack of physical activity. In a recent study done with children, it suggests when compared two groups of six year olds, one group was allowed to spend extra time outside, and another group spent more time inside. The children that were allowed to spend more time outside had developed less severe myopia than the children who spent fewer time outside.

Another study suggested that a limited amount of sunshine (UV) plays a significant roll in the development of children’s eyes.

During a routine comprehensive eye examination, the examining doctor may see signs of a potential health risk, a danger our patient might be completely unaware of. Some diseases are present without any signs or symptoms, but diagnosing the onset will enable early and prompt treatment, possibly saving our patient’s life.

The medical community is divided regarding dietary supplements. Most agree that any person deficient in nutrients warrants the use of a dietary supplements.

For most, the antioxidants dietary supplement have been proven helpful in lowering the risk for age related macular degeneration. It has been especially helpful when Omega 3’s are used for dry eye syndrome. The balance between the ingredients is the primary concern for the medical community. Educating patients about reading the labels play a significant roll in their effectiveness.

As healthcare professionals, it is our responsibilities to help our patients’ understand the benefits of maintaining a healthy lifestyle. While we are able to provide education, the ultimate responsibility is our patients.

Acknowledgements

[www.everybodywalk.com](http://www.everybodywalk.com)

University of Illinois

OSHA

Preventblinfness.com

Preventdisease.com

Blindness.com

Healthyeating.com

Mahaveeyehospital.com