

We do so much for our health: we go for daily runs to keep fit; we get massages to smooth out back pain and much more! But, what can we do for the health of our eyes? Here are great 6 tips for eye-care:

我們都很關注我們的健康，我們會每天跑步以保持完美身段，會按摩以緩解背部疼痛，那我們能為眼睛的保健做什麼？這裡有保護眼睛的6個小竅門：

**1. Look Away From the Computer Screen**

Every 20 minutes. Rest your eyes by looking 20 feet away for 20 seconds. Get up and take a 15-minute break at least every 2 hours.

**1. 望遠**

每 20 分鐘，看一下大概離你 20 英尺的地方 20 秒以緩解使用電腦時的疲勞，至少每 2 個小時，站起來休息 15 分鐘。

**2. Quit Smoking**

Smoking increases the chances of suffering from cataracts, optic nerve damage, and macular degeneration in the future.

**2. 戒煙**

吸煙會增加罹患白內障、視神經損害和黃斑病變的可能性。

**3. Eat these healthy super-foods:**

Green, leafy vegetables (such as spinach, kale and collards).

Oily fish (such as salmon and tuna).

Non-meat proteins (like eggs, nuts, & beans).

Citrus Fruits (like oranges & limes).

**3. 食療法**

綠色多葉蔬菜：菠菜、甘藍菜。

魚類：三文魚、吞拿魚和其他脂肪含量高的。

蛋白：雞蛋、堅果、豆和其他非肉蛋白質源。

水果：香橙及其他柑橘類水果或果汁。

**4. Wear Sunglasses**

Choose sunglasses that block 99% to 100% of both UVA and UVB rays.

**4. 佩戴太陽眼鏡**

選擇可以阻擋 99%到 100% 紫外線和 UVB 射線的太陽眼鏡。

**5. Use Protective Eyewear**

Certain sports such as ice hockey, squash, and lacrosse can lead to eye injuries. Wear eye protection (such as helmets with protective face masks or sports goggles with polycarbonate lenses) to shield your eyes.

**5. 使用安全的眼睛防護**

一些體育運動例如冰上曲棍球、壁球和長曲棍球都會導致眼睛受傷。使用眼睛防護，例如：頭盔，護目鏡。

**6. Visit Your Eye Doctor Regularly**

Getting your eyes examined regularly helps you protect your sight and see your best. Regular visits can also help quickly detect and treat eye diseases that have no visible symptoms, such as glaucoma.

**6. 定期看眼睛醫生**

定期檢查眼睛會幫你保護視力，還可以幫你檢查出一些沒徵兆的眼睛疾病，比如青光眼。

The above information was taken from WebMD, LLC. Please refer to your family doctor or ophthalmologist for questions regarding your eyesight and health. 以上資料由 WebMD, LLC 提供。閣下如有任何眼睛健康問題，請與閣下的家庭醫生查詢。

If you are interested in eye care services, you can contact the S.U.C.C.E.S.S. Corporate Members show below and enjoy discounts on products and services.

以下為各會員提供一些眼睛保健方面的會員服務及優惠信息，請與中僑合作商戶聯繫，取得更詳盡的會員優惠資訊：

**※ The Optical Center 藝視眼鏡 ※**

Unit 105 Central Square, 4231 Hazelbridge Way  
(Richmond 列治文)  
Tel: 604-270-6016 九折

**※ President Optical 統一眼鏡公司 ※**

統一廣場, 8181 Cambie Rd. (Richmond 列治文)  
Tel: 604-278-9303  
六五折

**※ Grace Eyewear 寶島眼鏡 ※**

338-4820 Kingsway (Burnaby 本拿比)  
Tel: 604-439-7868

**※ Smart Eye Wear Ltd 醒目眼鏡專門店 ※**

1340-4380 No 3 Rd. (Richmond 列治文)  
Tel: 604-273-6887  
鏡框和太陽鏡六五折 (特價品、隱形鏡除外)

Eye Glasses 鏡框五折至七折

Oakley & Maui Jim 太陽眼鏡九折

消費可獲得免費視力測試

**※ Eyelooks 美雪眼鏡 ※**

102-180 Keefer St. (Vancouver 溫哥華)  
Tel: 604-844-7611 七折 (特價品除外)