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**RESOLVE TO SAVE YOUR EYESIGHT IN 2008**

*Resolutions for Better Eye Health for the New Year*

**Port Richey, FL - December 31, 2007** – Every year, health-related resolutions top New Year’s to-do list. After all, we all want to be as healthy as possible. What most people don’t realize is that eye care is just as important as taking care of the rest of your body. In fact, by focusing on your eye health, you can become a healthier individual overall.

“Many people don’t care for their eyes until something is wrong,” says Brent E. Parsons, O.D., owner/optometrist of Linsey Eyecare, Port Richey. “Taking that approach to eye care can lead to loss of sight, eye disease, and other serious problems. That’s why we strongly encourage people to care for their eyes year round.”

Dr. Parsons and Dr. Nicole Linsey Parsons, owners of Linsey Eyecare, recommend these five resolutions for 2008.

**1) Stop smoking**

You’ve heard smoking causes lung cancer, but did you know that it can also damage your eyes? Since smoking impairs the body’s blood circulation, it also decreases the amount of blood that circulates in the retina of the eye. This often leads to macular degeneration - degeneration of the central retina which is responsible for perceiving fine visual detail.

**2) Eat more Spinach**

Do you think Popeye ate spinach only to get strong muscles? Not really. Believe it or not, we hear he also had amazing eyesight. Spinach is high in antioxidants which helps prevent the degeneration of healthy cells in the body. A study by the National Eye Institute found that taking high levels of antioxidants and zinc can reduce the risk of developing advanced age-related macular degeneration and

cataracts. Other good sources of antioxidants include kale and collard greens. Or, take a supplement.

**3) Protect Yourself from the Sun**

Chances are, you already slather sunscreen on your skin when going outside. This year, it's time to remember to protect your eyes with sunglasses specially treated with UV protection. This helps protect your eyes from UV-A rays which can damage the macula, the part of the retina in the back of the eye, and UV-B rays which are absorbed by the front of your eye, the cornea and the lens. Both types of rays can cause a number of problems like macular degeneration, cataracts, corneal sunburn, skin cancer around the eyelids, and pterygium – a growth that develops in the white part of the eye and may eventually prevent vision.

**4) Schedule Your Annual Eye Exam**

Annual comprehensive eye exams ensure that you can see comfortably, but it is also a tool in detecting any potential or current eye problems. Everyone over the age of four should receive annual eye exams, whether they wear glasses or not. The biggest mistake people make is thinking they don't need an exam because they aren't having a problem that they recognize as a vision problem.

**5) Don't Put off Getting New Glasses**

Glasses that are broken, out of shape, scratched and have otherwise “seen better days” should be replaced for best vision health. Plus, frames, just like clothing, change style from season to season and year to year. Glasses are much more affordable these days so keep your look up to date with a few different pair of frames on hand. Having a few pairs of glasses on hand can help you out in an emergency – if you break or lose a pair, lose your contacts, or scratch your lenses.

By following all of these tips, Dr. Parsons says you'll not only maintain healthy eyesight, but you'll feel better overall.

**About Linsey Eyecare**

Linsey Eyecare in Port Richey has been family owned and operated since 1986. The full-service optometric practice offers routine eye exams, contact lens fitting and emergency eye care. Owners/optometrists Dr. Nicole Linsey Parsons and Dr. Brent E. Parsons provide preventative visual health screening, including cataract inspection, testing for glaucoma, visual acuity, and near vision. Linsey Eyecare has one of the largest showrooms in the area for frames and has an onsite lab. For more information on Linsey Eyecare call (727) 844-3400 or visit [www.LinseyEyecare.com](http://www.LinseyEyecare.com).

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