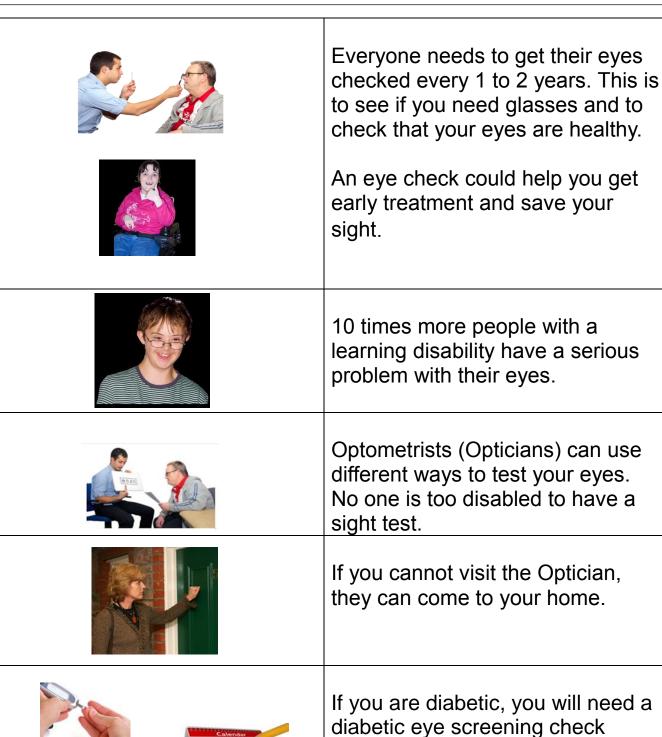
Torbay and South Devon Miss



TOP TIPS FOR LOOKING AFTER YOUR EYES







diabetic eye screening check every year.



TOP TIPS FOR LOOKING AFTER YOUR EYES

CAlendar 1. 12 10 12 14 14 15 15 15 15 15 15 15 15 15 15 15 15 15	Get your eyes tested every 1 to 2 years.
	Eat a good diet. Eat oily fish, foods low in saturated fats and dark green leafy vegetables.
	Exercise Keeping fit helps your body to stay well including your eyes.
	Stop smoking. Smoking can cause problems with your eye sight.
	Keep your glasses clean.
	Protect your eyes from bright sunlight.