

Your wellbeing

Latest health solutions for your mind and body



Romesh Angunawela is consultant eye surgeon at Ophthalmic Consultants of London

Key advice for looking after your eyes is a healthy, well-balanced diet, not smoking and protecting from sun damage.

Nutrients in green leafy veg and fatty acids in fish oil are good for eyes.

Wear sunglasses in the sun because, as with your skin, sun damage is a common cause of problems, including cancer. Look for UVA and UVB protection. Sunglasses also protect the delicate skin around your eyes.

Don't smoke. It's very bad for eyes because it causes blockages in the tiny blood vessels that supply them, making you more prone to macular and retinal problems.

It's important to visit an optician annually, particularly

Boosting sight and KEEPING EYES HEALTHY



as you get older, to check for problems that you may not be aware of and which can be treated if spotted early.

You can't prevent age-related changes to your vision, though. It happens when the natural lens in your eye ages. In your mid to late 40s, your lens becomes less flexible and you'll find it more difficult to read things up close and will need reading glasses.

It's the beginning of changes that

eventually lead to that lens becoming yellowy or cloudy – a cataract.

But modern ways of treating this ageing are very effective. Cataract surgery restores your vision. It can have such a life-changing effect and is one of the reasons I went into this profession. Twenty years on, I've seen huge advances – new drug therapies for things like macular degeneration and glaucoma, and different ways of doing surgery. And research continues because the eyes can be a window into the rest of your body. Blood vessels and changes in your eyes can reflect what's going on elsewhere.



WET WIPE

Wipe surfaces with a damp cloth to stop dust becoming airborne. Winter allergies are usually triggered by indoor allergens, like mould or animal dander.

3 ways to... beat winter allergies

WASH

Vacuum cushions and soft furnishing regularly, or wash at a high temperature, to kill dust mites – one of the biggest winter allergy triggers.

FILTER

Use a vacuum with a HEPA (high-efficiency particulate air) filter, such as the Henry Allergy HVA160. They trap more dust mites than regular cleaners.



If you usually...

brush your teeth twice a day

Try this instead...

brush them three times

Regular cleaning can make your heart healthier. Recent research in South Korea found that those aged 40-79 who brushed their teeth three or more times a day had a 12% lower risk of heart failure and a 10% lower risk of atrial fibrillation (an irregular heartbeat). Poor oral hygiene is believed to lead to more bacteria in the blood, causing inflammation, which affects the cardiovascular system.

NEW READ

THE MOOD DIARY

(£12.99, EDDISON BOOKS)

Use this journal to monitor your emotions over a one-month period.

Based on cognitive behavioural therapy (CBT) and self-diagnosis techniques, psychotherapist Andrea Harrn advises how to manage moods and make changes for a healthier, happier life.

