



Delta Gamma

1873



Service for Sight

Delta Gamma's philanthropy, Service for Sight, supports the five Delta Gamma Schools for Children with Visual Impairments, as well as other North American organizations that promote sight preservation and conservation. Learn more at deltagamma.org/foundation/service-for-sight.

Keep your eyes safe!

Did you know that 80% of vision problems worldwide are avoidable or even curable through prevention and treatment? Use the following tips from the National Eye Institute to keep your eyes healthy.

Have your eyes checked.

You might think your vision is fine or that your eyes are healthy, but visiting your eye care professional for a comprehensive dilated eye exam is the only way to really be sure.

Eat right to protect your sight.

Eating a diet rich in fruits and vegetables, particularly dark leafy greens such as spinach, kale, or collard greens is important for keeping your eyes healthy.

Quit smoking or never start.

Smoking is as bad for your eyes as it is for the rest of your body. Research has linked smoking to an increased risk of developing age-related macular degeneration, cataract, and optic nerve damage, all of which can lead to blindness.

Give your eyes a rest.

If you spend a lot of time looking at the computer or focusing on any one thing, give your eyes a rest by looking at something in the distance for 20 seconds every 20 minutes.

Use sunglasses.

Choose sunglasses that reduce glare, filter 99-100% of UVA and UVB light, do not distort colors and protect your eyes from the elements.

Use contact lenses correctly.

To avoid the risk of infection, always wash your hands thoroughly before putting in or taking out your contact lenses. Make sure to disinfect contact lenses as instructed and replace them as appropriate.



Connect with the Delta Gamma Foundation online to learn about the impact Delta Gammas make in the visually impaired community: deltagamma.org/foundation.

