



# National Eye Health Week

A guide to protecting your sight, at home, and beyond.



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## Dear Reader,

Your eyesight is precious.

It helps you enjoy hobbies, recognise loved ones, and stay independent. As we age, looking after our eyes becomes even more important.

That's why, for National Eye Health Week, we've created this special guide. Inside, you'll find:

- Simple tips for healthy eyes
- A recipe full of eye-friendly nutrients
- Real stories from people who've benefitted from timely care
- And more...

At OutsideClinic, our mission is simple: to make expert eye and hearing care accessible to everyone, wherever they live.

With warm wishes,

The OutsideClinic Team



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# Why Eye Health Matters

Good vision is about more than reading small print. It supports your independence, safety, and wellbeing.

- Independence: clear sight makes everyday tasks and hobbies easier.
- Safety: regular tests help reduce the risk of falls.
- Social life: seeing faces clearly makes time with loved ones more enjoyable.
- Health checks: eye tests can also spot early signs of diabetes, high blood pressure, and more.

Remember: Regular eye tests often catch problems early -often before you notice them yourself.



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# Eye Health Facts and Figures

## Did You Know?

- Nearly 1 in 3 people over 65 live with cataracts.
- By the age of 75, more than half of adults will experience a vision problem.
- Regular eye tests can reduce the risk of falls by up to 40%.
- Around 2 million people in the UK are living with sight loss, yet half of this could have been prevented.
- People with both hearing and sight problems are more than twice as likely to feel socially isolated.

These numbers are powerful reminders that sight is worth protecting.





# Common Eye Conditions for Over 60s

**Cataracts** – an eye condition where the lens in our eyes becomes cloudy and affects how light enters the eye. They form inside the eye, not on it.

**Glaucoma** – in its early stages, it often has no symptoms. As the condition progresses, however, you may experience vision loss, particularly in your peripheral vision. Over time, this can lead to tunnel vision or even complete blindness if left untreated.

**Age-Related Macular Degeneration (AMD)** – affects the macular, which is the part of the eye that processes what you can see directly in front of you (your central vision). AMD can result in a profound loss of detailed vision.



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# Top 5 Tips for Lifelong Eye Health

1. Book regular eye tests. Annual tests for over-60s are NHS-funded.
2. Eat a balanced, colourful diet. Think leafy greens, oily fish, citrus fruits.
3. Wear sunglasses outdoors. UV rays damage eyes, even on cloudy days.
4. Look after your health. Managing blood pressure and diabetes helps protect vision.
5. Stay active. Gentle exercise keeps blood flowing to the eyes.





# Eat Well for Your Eyes

Your diet can't replace an eye test, but it can make a real difference to how your eyes age.

Here's a delicious, simple recipe packed with eye-friendly nutrients:

## **Salmon & Spinach Super-Sight Supper**

Serves 2

### **Ingredients**

- 2 salmon fillets (rich in omega-3)
- 150g fresh spinach (full of lutein and zeaxanthin)
- 1 medium sweet potato, cubed (vitamin A)
- 1 red pepper, sliced (vitamin C)
- 1 tbsp olive oil
- Juice of half a lemon
- Fresh parsley, chopped
- Black pepper to taste





## Method

1. Preheat oven to 200°C (180°C fan).
2. Toss sweet potato cubes and red pepper slices in olive oil. Spread on a baking tray and roast for 20 minutes until tender.
3. Place salmon fillets on another tray, drizzle with lemon juice, season with black pepper, and bake for 12–15 minutes until cooked through.
4. Meanwhile, wilt spinach in a saucepan with a splash of water. Drain and season lightly.
5. Serve salmon on a bed of spinach, with roasted sweet potato and pepper on the side. Sprinkle with parsley.

## Why this works for your eyes

- Salmon – omega-3 protects against dry eyes and AMD.
- Spinach – lutein filters harmful light and protects the retina.
- Sweet potato – vitamin A supports low-light vision.
- Red pepper – vitamin C reduces cataract risk.

**Top Tip: Brightly coloured foods usually mean eye-healthy nutrients!**



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A photograph showing a healthcare professional in a white shirt and dark trousers sitting on a sofa, holding a blue object (possibly a hearing aid or a small tool) and talking to an elderly woman with short white hair and glasses. The woman is wearing a pink cardigan over a black top. They are in a well-lit room with a window and curtains in the background.

## How OutsideClinic Can Help

We know not everyone can get to the high street.  
OutsideClinic brings expert eye and hearing care to you.

- At-home eye tests: the same as in-store, but in the comfort of your home.
- Friendly opticians: trained to support older adults and people living with dementia.
- Hearing care too: free home tests available, with the option to purchase hearing aids if required.
- Easy booking: just one call, and we'll do the rest.



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## Further Resources & Support

- Macular Society – Beating Macular Disease  
Phone number: 0300 3030 111
- Diabetes UK – Support for diabetic eye health  
Phone number: 0345 123 2399
- Good Life Sorted – Care services for older adults  
Phone number: 0808 164 8338
- OutsideClinic – For home eye and hearing tests  
Phone number: 0800 60 50 40





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