

**Mayo Clinic Minute**  
**3 tips for health eye**

	<p>When it comes to your eye health, Dr. William Brown is quite clear in his recommendations.</p>
<p>William L. Brown, O.D., Ph.D. Ophthalmology Mayo Clinic</p>	<p>Don't smoke, eat a well-balanced, healthy diet, and wear sunglasses outside.</p>
	<p>The nicotine in cigarettes, says Dr. Brown, robs the blood of oxygen.</p>
<p>William L. Brown, O.D., Ph.D. Ophthalmology Mayo Clinic</p>	<p>It constricts blood vessels and so basically, it reduces the blood flow to all parts of the body.</p>
	<p>Exercise is another good thing that can help the eye because it increases the blood flow.</p> <hr/> <p>And, sunglasses are more than a fashion statement.</p>
<p>William L. Brown, O.D., Ph.D. Ophthalmology Mayo Clinic</p>	<p>Sunglasses absorb ultraviolet light and particularly in the young patient where the eye is more susceptible to ultraviolet, that can help reduce the harmful effects of light on the retina. It's a cumulative thing throughout our lifetime.</p> <hr/> <p>I'm Ian Roth for the Mayo Clinic News Network.</p>