8 LIFESTYLE HACKS FOR KERATOCONUS



USE PROPER LIGHTING

Adequate lighting reduces eye strain and minimizes glare, essential for those with keratoconus. Proper lighting helps prevent discomfort and maintain clearer vision during daily tasks.

WEAR SUNGLASSES

Polarized sunglasses protect your eyes from UV rays and reduce glare, which can worsen keratoconus symptoms. This step helps preserve your vision and comfort in bright outdoor settings.



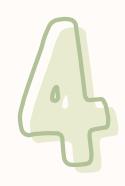


ADJUST COMPUTER

Adjust screen brightness, text size, and use blue light filters to reduce eye strain. These adjustments are crucial for managing keratoconus during extended screen use.

DIETARY CHANGES

Omega-3s, found in fish and flaxseed, help alleviate dry eye symptoms common in keratoconus, promoting better eye hydration and overall eye health.





20-20-20 RULE

The 20-20-20 rule—taking a 20-second break to look 20 feet away every 20 minutes—reduces eye strain, helping manage fatigue that can exacerbate keratoconus symptoms.

USE A HUMIDIFIER

Humidifiers add moisture to the air, helping alleviate dry eye symptoms that are often more pronounced in keratoconus, improving overall eye comfort.





AVOID EYE RUBBING

Rubbing your eyes can worsen keratoconus by distorting the cornea further, leading to increased discomfort. It's essential to avoid this habit to protect your corneal health.

SCHEDULE EYE EXAMS

Regular eye exams are crucial for monitoring keratoconus progression and adjusting your treatment plan, ensuring you receive the best possible vision care.

