

# 8 LIFESTYLE HACKS FOR KERATOCONUS

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## 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.

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## 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.

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## 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.

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## 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.

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