

**VISION HEALTH – EYE TIPS**  
**DR. WILLIAM WHITE, OPTOMETRIST, BAYLOR SCOTT & WHITE HEALTH**

{\*\*ON CAM\*\*}

DO YOU HAVE HEALTHY VISION - IF YOU'RE WONDERING IF YOU'RE DOING ALL YOU CAN TO TAKE CARE OF YOUR EYES, HERE ARE SOME TIPS.

{\*\*TAKE VO\*\*}

TRT: 1:12

BAYLOR SCOTT & WHITE OPTOMETRIST DOCTOR WILLIAM WHITE SAYS TEXANS ESPECIALLY SHOULD THINK ABOUT GETTING A GOOD PAIR OF SUNGLASSES FROM AN EARLY AGE- THANKS TO ALL THAT WINDY WEATHER AND SUNSHINE.

WHITE ALSO SAYS IF YOU START TO SUSPECT A VISION PROBLEM- DON'T DELAY. EARLY INTERVENTION BY AN OPTOMETRIST CAN OFTEN MEAN TREATMENT OR REVERSAL OF VISION LOSS. LAST THING- IF RED AND SCRATCHY EYES HAVE YOU REACHING FOR EYE DROPS ALL THE TIME... IT MAY BE BECAUSE YOU'RE USING THEM INCORRECTLY.

{\*\*TAKE SOT\*\*}

TRT: 24

DR. WILLIAM WHITE  
BAYLOR SCOTT & WHITE

**We have to think about what we're trying to do with the drops. We're trying to protect that cornea. We're trying to protect the tissue from becoming damaged. So if we're waiting for that eye to tell you that it's dry, then the damage has happened...**

**So using our drops preemptively to help protect that tissue really can help improve a person's just condition and overall quality of life.**

{\*\*ON CAM\*\*}

[THE CDC SAYS FAMILY HISTORY](#) IS ALSO AN IMPORTANT PART OF VISION HEALTH- SINCE MANY CONDITIONS RUN IN FAMILIES. SO, KNOWING WHAT FAMILY MEMBERS HAVE DEALT WITH IN THE PAST MAY HELP YOU KNOW WHAT TO LOOK OUT FOR IN THE FUTURE.