

Module 8: Lifelong Health and Wellness

Topic 2 Content: Protecting Your Vision, Hearing, and Dental Health

Introduction



Your vision, hearing, and dental health are important aspects of your quality of life. Many people who lack vision or hearing can thrive in life as much as anyone. However, if you do have hearing and vision, taking care of the sensitive organs involved in sight and sound involves easy steps that can protect your overall health. Additionally, strong oral hygiene is essential to staying healthy for everyone. In this interactivity, click the notes on the bulletin board to learn more about protecting your vision, hearing, and dental health.

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Vision Health

Protecting Your Vision, Hearing, and Dental Health

Vision Health

Your eyes are sensitive organs that require protection and care on your part if you want to maintain strong vision. One important strategy to ensure healthy vision is to get regular eye exams to detect and treat eye diseases in their early stages. People who wear contact lenses have a higher risk of eye infections, so if you wear contact lenses, make sure you talk to your doctor about proper lens care.

There are many other strategies you can do on a daily basis to protect your eyes. For example, you should wear protective goggles when participating in any activity that can lead to eye injury. Also, keep unsanitary objects away from your eyes, such as makeup applicators, and never share cosmetics or other products that can harbor bacteria. Sunlight can damage your eyes as much as your skin, so wear sunglasses that block UV light. Finally, give your eyes plenty of rest to avoid eye strain. When reading books or digital device screens, follow the 20/20/20 rule: Every twenty minutes, look twenty feet into the distance for at least twenty seconds.



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Hearing Health

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Hearing Health

Hearing loss is a common condition associated with aging. Although you cannot turn back the hands of time, there are many things you can do to protect your hearing throughout your lifetime.

If you suspect an ear infection, get your ears examined by a health care professional. An ear infection can cause damage to your ear and affect your hearing, but it can be treated with antibiotics. Make sure you protect your ears when playing sports by wearing proper safety equipment, such as a helmet, and never insert cotton swabs into your ears. It is also important to limit your exposure to loud noises. Try wearing earplugs when in noisy environments, such as concerts or sporting events.



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Dental Health

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Dental Health

Your mouth naturally contains bacteria, and when you eat food, that bacteria metabolize the sugars in the food and create acids that can cause tooth decay. Maintaining oral hygiene is important not only to the health of your mouth, teeth, and gums but also to your overall health. Bacteria in your mouth can enter your bloodstream and travel to other parts of your body if you have unhealthy teeth and gums, and these same bacteria contribute to inflammation of the arteries, a precursor to heart disease.

The most important things you can do to ensure dental health are to brush your teeth and floss daily. Brushing your teeth after meals removes plaque and bacteria, and flossing daily helps to remove plaque that the bristles of your toothbrush cannot reach. In addition, visit your dentist regularly to get your teeth cleaned and checked for signs of tooth decay or other oral health problems.



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