

IT'S ALL IN THE eyes

Did you know that your eyes can give clues to your overall health? Here are **10 HEALTH PROBLEMS** that your eyes could be showing signs of.



NUTRITION DEFICIENCY

Poor nutrition can cause a variety of problems — including dry, irritated eyes and **blurry vision**. Ask your eye doctor if dietary changes or supplements will help.

COLOR VISION CHANGES

Do colors look faded? Changes in your color vision may be a sign of early cataracts or other eye health problems.

ALLERGIES

Don't suffer from **red, itchy, watery eyes** caused by allergies. Your eye doctor can prescribe treatments to keep your eyes comfortable year-round.

LIVER PROBLEMS

Yellow eyes could be a sign of liver problems. See your eye doctor and general physician to make sure your eyes are healthy and your liver is functioning normally.

AUTOIMMUNE DISEASE

Autoimmune disease is when your body's defense mechanism against disease-causing microbes starts attacking normal, healthy cells. **Dry eyes and dry mouth** can be the warning signs of an autoimmune disease called Sjögren's syndrome, which damages glands that produce tears and saliva.

