

## General Tips For Eye Care

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*The Tribune, (Health and Fitness) New Delhi, Wednesday, October 18, 2006*

“Doctor, Please tell my child that he should not watch TV, otherwise his glasses power will go on increasing”. Try to recollect how many of you have requested this to your eye specialist. This is one of the common mis-conception in most of people mind.

The glasses are an aid to see the things clearly. The power of glasses does not increase by watching T.V. It will increase if it has to even if one does not watch T.V. Similarly, other misconceptions about vision those are common –

- ❖ Using computers will damage the eyes
- ❖ Wearing eyeglasses will make one dependent on them.
- ❖ Wearing Contact Lenses will stop the glass power from increasing

These are all wrong beliefs. Computers and watching TV does not do any damage to the eyes. Working on computers for long hours causes fatigue. While looking at the screen our blinking becomes less, leading to dryness. So while working on computer, one should take regular breaks. One can see at far distance in between or close the eyes for few seconds. This will help to spread the tear film properly and relax the eye muscle. In addition, one should keep computer monitor at your eye-level at an arms length from you. This reduces the neck strain. The screen illumination should be equal to the room illumination.

Wearing eyeglasses makes the vision clearer for the person who has refractive error. It does not cause any weakness in the eyes if you use glasses rather it provides you a clear vision. It is not actually that you get dependent on them but you get used to seeing clearly with them. For a person with glasses has an option of using Contact Lenses. Many people think using Contact Lenses, stops the glasses power from increasing. This is also misconception. The Contact Lenses also have a power like glasses and you have to change if the glasses power increases.

One should use good illumination while reading. The ideal lighting for the reading is 40 candles/sq.mt. One should adjust the light so that it will fall on the script you are reading. The good lighting will improve the contrast of the script. Older people should particularly use good lighting conditions, as retinal degeneration is common at old age. This makes your reading more comfortable.

Eating food rich in vitamin A like carrot and papaya is healthy for eyes. However, it does not mean if somebody eating vitamin A rich food, he will not get glasses. The person who has refractive error will have to wear glasses. The vitamin A keeps the eye healthy in long run and helps in slowing down the retinal degenerations.

Eye exercises are advised for muscle weakness. They strengthen the eye muscles. They maintain the alignment of the eye. One should focus on an object at far distance and then at near for 5-10 times. This relieves the eyestrain after continuous reading or working on computers.

Use your glasses properly so that no scratches should come. Clean them with soap and water at least once in a day. Our fingers leave oily marks on glasses causing foggy vision.

Just a proper care while doing day-to-day activities will keep your eyes healthy in long run!

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