



Tips on Eye Care

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- Poor vision, headache, eyestrain or watering may indicate the need for glasses. The **Refractive Errors** (Myopia, Hypermetropia, Astigmatism etc.) can be easily corrected with **glasses** or **contact lenses**. **LASIK Laser** is a safe and effective option to correct these errors and remove glasses in selective cases.
- A child with **squint** (deviated eye) needs to be evaluated for the need of glasses, exercises, occlusion therapy or surgery at the earliest, and must be treated early to decrease the chances of **Amblyopia** or **lazy eye**.
- Patients with **High Myopia** (high minus glasses) tend to have weak areas or **holes and tears** in the retinal periphery. These patients should have a regular retina check up to detect and treat these holes or tears early, before they may cause serious **Retinal Detachment** and loss of vision.
- **Diabetes** affects the retina to cause **Diabetic Retinopathy**. The vision lost due to Diabetic Retinopathy is irreversible and may lead to blindness. Every patient with Diabetes must have **regular eye check ups** to detect these changes early. An early detection and timely **Laser treatment** can help prevent blindness.
- **Cataract** (*Safed Motia*) is a common cause of vision loss in elderly. There is no medicine or drop to cure this. It can be treated by a simple, very safe and successful **surgery (Phacoemulsification with Intraocular Lens implantation)**.
- **Glaucoma** (*Kala Motia*) is a silent killer, which leads to irreversible loss of vision. In early stages, most of the patients with glaucoma do not have any symptoms, and hence it goes undetected till it has caused significant vision loss. An early diagnosis and timely treatment is thus very important in preserving vision. Every person at a higher risk i.e. family history of glaucoma, age more than 40 years etc, should have **regular screening eye check ups** to detect it early.
- **Age-related Macular Degeneration (AMD)** is the degeneration of macula, the central part of retina important for fine vision. It causes irreversible visual loss and difficulty in reading and performing daily activities in these **old patients**. A timely diagnosis and treatment with medicines and **special Lasers** may help in controlling the disease and maintaining the vision.
- You need **regular eye check ups** if you have:
 - o Age above 40 yrs
 - o Glasses with high power (5 or above)
 - o Diabetes or High Blood Pressure
 - o Family history of significant eye disease

Disclaimer: Information published here is for educational purposes only and is not intended to replace medical advice. If you suspect that you have a health problem, please consult your doctor immediately.

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