



COMING TO THE RESCUE



Healthy eyes for a healthy life

Eyes don't just see, they do the talking. This is why of all our senses the most precious is eyesight. Eyes need care in the form of prevention, and knowing some preventive methods in eye care can make your eyes look bright and healthy and leave you with excellent eyesight.

How do we keep eyes bright and healthy? Eat good helpings of vegetables, fruits, omega-3 fatty acids, beta carotenes with vitamins A, C and E., enjoy good sleep and avoid direct sunlight. Therefore, good habits and good general healthcare does play a major role in eye care. Eyes are windows to the human body; while you look out through this window, we, the eye doctor, can look in to find conditions such as glaucoma, abnormal blood pressure, diabetes, heart diseases and other health concerns much before you notice its adverse impact, and help you take preventive measures. It is never too early to begin eye checkups. Throw a torchlight from different directions and look for fixations in newborns and, if in doubt, take the baby to an eye specialist. By the time a child is four, it is imperative to have a checkup every year to look for squint, signs of opacity brought in by cataracts and any minus or plus powers to decide whether or not glasses are needed. Ultraviolet-protective

'WATCH' LIST

- Considering how important your eyesight is, caring for your eyes should be one of your main priorities of your daily routine.
- Eat two to three helpings of fruits and vegetables every day.
- Avoid contact lenses for long hours and take them off before going to bed to allow eyes to breathe better.
- Avoid working on the computer for long hours and, preferably, take a break of 10 minutes every hour to exercise the eyes looking at distant objects, including the landscape.
- Use ultraviolet protective and safety glares and other eyewear, especially when out under a sharp sun.
- Get your eyes checked at least once a year and, if possible, twice a year after 35 years of age.

sunglasses from childhood can help protect eyes from the harmful UV rays. Once in the teens, contact lenses can be worn in places of glasses, but never sleep with them on as they will reduce the supply of air and blood to the cornea and can damage eyes. When in the 20s, you can get rid of glasses with lasers, Lasik or permanent contact lenses.

An emerging and alarming trend is the

Computer Eye Syndrome, which appears to be catching on in early adult life. We cannot escape the use of computers but, sadly, our eyes are not designed to cope with these screens. Continuous staring at the monitors reduces blinking, causes strain to the eyes and can lead to dry eyes as well. Therefore, it is always better to take a break of about 10 minutes every hour and look at distant objects such as the landscape or even television.

Glaucoma or raised pressure in eyes and diabetic retinopathy are silent killers of eyesight. Therefore, checking eyes once every six months is essential. If afflicted with diabetes, diet, exercise and drugs are to be remembered in that order to keep the doctor away.

Around the age of 40, more or less everybody requires reading glasses, a condition known as presbyopia. But now you can get rid of these glasses as well with lasers called INTRACOR and SUPRACOR. One can develop cataract- defined as the loss of transparency in the natural lens of the eyes- at any age.

Dr Kasu Prasad Reddy, chief surgeon and chairman, Maxivision.



For lasting and clear eyesight, eyes need care in the form of preventive measures, a continuous life-long exercise

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Dr. SAXENA
FAMILY HEALTH CENTRE

1st Floor, Mor Chambers, above Mor Medicals Basheerbagh, Hyderabad -TS.

Ph : 040-2342 8989 Mob : 98490 17813

f DrSaxenaCPMHyd | **t** DrSaxenaCPM

www.healthyheart.in

www.autismindia.in

26healthyheart@gmail.com