

EYE CARE

At Rushabh Eye hospital and Laser center we offer specialized Comprehensive eye check up for adults.

Eye Care for Adults

Two common fallacies about eye check-ups are that if you can see fine, you don't need an examination by an ophthalmologist and that vision screenings are just eye examinations by a different name. A thorough eye examination is recommended for all adults above age of 40 yrs on regular basis.



The common eye problems in adults are :

- ✦ Glasses for distant as well as near work
- ✦ Computer Vision syndrome
- ✦ Cataract
- ✦ Glaucoma
- ✦ Diabetic Retinopathy

Computer Vision Syndrome

Eyestrain has been reported with most computer users. Referred to as Computer Vision Syndrome or Computer Stress Syndrome, it involves the manifestation of variety of symptoms such as eye strain, headache, and may at times be indicated by indirect symptoms such as neck, shoulder, back and wrist pains, general fatigue and decreased visual efficiency.



What can I do to prevent Computer Vision Syndrome ?

- ✦ Stop periodically to blink, stretch and look away from the computer screen
- ✦ Sit approximately 24 inches away from the screen; sitting too close or far may increase eyestrain.
- ✦ Arrange room lightening such that glare on the screen is minimum. Use of anti reflective filter would be a good choice.
- ✦ Check your posture from time to time to reduce neck, shoulder and wrist pains. Keep the wrists straight while typing and not supported on sharp edges.
- ✦ After every 20 minutes of work look away from the screen for at least 20 seconds.
- ✦ Use artificial tears to lubricate your eyes periodically, prefer the use of preservative free tears.
- ✦ Do eye exercises whenever possible - Close eyelids and roll the eyes behind your closed lids once clockwise & once anti clockwise. Take a deep breath & open eyes while releasing breath

Eye Care for Children

About 20-30% of the normal school going children have some kind of refractory error (glass number).The common problems in children are:

- ✦ Glass number
- ✦ Amblyopia or Lazy Eye
- ✦ Squint



We recommend that pre school children receive a complete eye examination at the age of five years or earlier if any problem is noticed.: If you answer "**Yes**" or "**Sometimes**" to **four or more** of the following questions, your child may have a visual problem.

Does your child :

- ✦ hold objects very close to their eyes ?
- ✦ excessively rub their eyes, blink or squint after close visual work ?
- ✦ complain of headaches after reading ?
- ✦ become tired after reading ?
- ✦ have difficulty comprehending what they have read ?
- ✦ complain of headaches or eyestrain ?
have red or watery eyes (which could also be a sign of allergies).
- ✦ perform below expected levels in school ?
- ✦ have a short attention span or difficulty staying on task ?
- ✦ have an eye that turns in or out ?
- ✦ complaints of blurred vision with schoolwork or reading ?
- ✦ have difficulty copying from a textbook or chalkboard ?
- ✦ avoid reading? Or go very near to the TV while watching programmes.

Squint (Crossed Eyes) or Strabismus

Affects approximately 4 out of every 100 children . It is a condition in which the two eyes point in different directions. One eye may turn either in, or out while the other eye aims straight ahead. Due to this condition, both eyes do not always aim simultaneously at the same object. This results in a partial or total loss of stereo vision and binocular depth perception. The eye turns may be visible at all times or may come and go. In some cases, the eye misalignments are not obvious to the untrained observer.



How is Squint diagnosed ?

Strabismus can be diagnosed during an eye exam. It is recommended that all children have their vision checked by their pediatrician, family doctor or ophthalmologist (eye doctor) at or before their fourth birthday.

How is Squint treated ?

Treatment for strabismus works to:

- ❖ Preserve vision
- ❖ Straighten the eyes
- ❖ Restore binocular (two-eyed) vision

After a complete eye examination, an ophthalmologist can recommend appropriate treatment.

Squint can be treated by eyeglasses in some cases or it may require surgical intervention. Covering or patching the strong eye to improve the lazy eye (amblyopic eye) may be necessary.

Most common types of strabismus:

Esotropia

Esotropia, where the eye turns inward, is the most common type of strabismus in infants.

Exotropia

Exotropia, or an outward turning of the eye, is another common type of strabismus. This occurs most often when a child is focusing on distant objects.

Examination Schedule:

Children having glasses should undergo eye check ups every 6 months till their glass number stabilizes and then once every month.

Or for squint and other eye problems as and when advised by the consultant.