

## BECAUSE THERE IS SO MUCH TO SEE.

### Test your “Eye Q”

Many myths have been retold for so long, that they are generally accepted as the truth. This is also the case with many misconceptions regarding our eyes. These eye myths, however, may have more serious consequences since they may deprive us of the full enjoyment of our vision and might even be dangerous. Why not test yourself with the following “True” or “False” statement and see how much you know about your eyes?

#### Reading in dim light will hurt your eyes.

True

False

Using the eyes in dim light does not damage them. It wasn't too long ago that all night time reading and sewing was done by candlelight or with gas or kerosene lamps. Everyone should use good lighting, however, to make reading easier and to prevent eye fatigue.

(Answer: False).

#### Wearing the wrong kind of glasses hurts your eyes.

True

False

Glasses are simply aids to improve vision. Going without glasses or lacking proper glasses will not physically damage our eyes. Eyes are neither strengthened nor weakened by glasses. Wearing glasses at an early age will not worsen eyesight. The one exception is in children with crossed eyes (Strabismus) or lazy eyes (Amblyopia),

crossed eye may never develop good vision unless the child is forced to use it, usually by patching of the good eye. Crossed eyes may be straightened by glasses, eye drops, or surgery. In general, the earlier the crossed eyes are treated the better. Children who appear to have crossed eyes should be examined by an ophthalmologist.

(Answer: False)

#### Eye trouble is the cause of reading disability (Dyslexia)

True

False

Reading problems among children are often referred to as dyslexia. There is no scientific evidence that eye trouble causes dyslexia. Dyslexia is a learning disorder, not an eye problem. Dyslexic children often need help from teachers and persons with special training in learning disabilities. Before such treatment is started, it is important for the child to have a complete medical eye examination by an ophthalmologist to diagnose any correctable eye condition.

(Answer: False)

#### Sitting Close to the Television Can Be Normal.

True

False

Children have a greater ability to focus up close without strain than do adults. They often develop habits of holding reading material close to their eyes or sitting close to the television. There is no evidence that this damages the eyes, and

photograph intricate detail. The same is true of our eyes and we should not fear using them to the fullest.

(Answer: False)

#### Cataract can be removed with a laser

True

False

This is a modern ocular myth. Cataracts are not removed by lasers. The cloudy lens must be removed surgically. The most advanced method used today is called Phacoemulsification (ultrasound) by which cataract is removed through a micro incision and replaced with a soft foldable lens implant without the need for stitches. This surgery is routinely performed at **Banaji Eyecare**. After cataract surgery, a membrane within the

where glasses may straighten the eyes and preserve vision. While it is desirable to have corrective glasses or contacts to provide optimum vision, we should never fear loss of vision for lack of proper glasses.

(Answer: False)

#### Using computers will not damage your eyes.

True

False

Using computers or video display terminals (VDTs) will not harm your eyes. However, eye strain or fatigue may develop with prolonged periods of close work or reading. Taking a break, and looking up, or across the room at frequent intervals usually relieves the strain. If your vision blurs or your eyes tire easily, you should have your eyes examined by an ophthalmologist.

(Answer: True)

#### Children usually outgrow crossed eyes

True

False

Real crossing of the eyes in children is not outgrown. Some children have a wide bridge of the nose which makes the eyes looked crossed, but this facial appearance of crossing can improve with age. To avoid seeing double, a child whose eyes are really crossed will use only one eye at a time. The unused or

these habits will usually change as children grow older. Occasionally children with nearsightedness (myopia), sit close to the television to enable them to see images more clearly. An ophthalmologist can diagnose this condition which is correctable with glasses.

(Answer: True)

#### Eating carrots will Improve Your vision.

True

False

It is true that carrots are rich in Vitamin A which is essential for sight; however, many other foods contain Vitamin A. Only a small amount is necessary for vision. A well balanced diet, with or without carrots, provides all the nutrients necessary for good vision. Excessive doses of Vitamin A, D or E may even be harmful

(Answer: False)

#### People with weak eyes should avoid reading fine print.

True

False

There are many misconceptions that people with weak eyes, or older people who have trouble seeing should not use their eyes too much for fear of wearing them out sooner. There is also a fear that looking at fine print may accelerate vision loss. Let's compare our eyes with a camera. The camera will not wear out sooner just because it is used to

eye may become cloudy. An opening in this membrane can be made with a laser. The application of this laser is not to be confused with the surgical removal of the cataract or clouded lens of the eye, which is accomplished by ultrasound, in a method called Phacoemulsification.

(Answer: False)

#### A cataract must be “ripe” before it is removed.

True

False

Cataract is a clouding of the normally clear lens of the eye. A cataract is now removed when it causes the patient visual difficulties. It is in fact dangerous to wait till it gets “ripe” (mature).

(Answer: False)