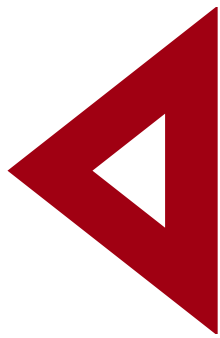




EYE HEALTH GUIDE



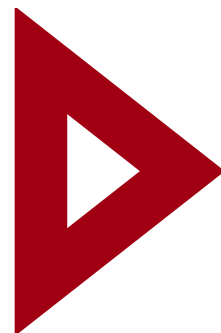
PREPARED BY: PHILLIP KAPIA



THE MOST COMMON EYE CONDITIONS:

Dry Eye Syndrome

When the quantity or quality of your tears lowers, your eyes may experience a burning sensation and sensitivity to light




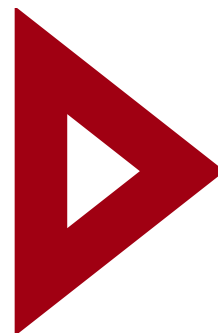


WHAT CAUSES DRY EYE?



Dry eye can occur when basal tear production decreases, tear evaporation increases, or tear composition is imbalanced. Factors that can contribute to dry eye include the following:

- Medications including decongestants, antidepressants, **birth control pills** have been associated with dry eye
 - Advancing age is a risk factor for declines in tear production. Dry eye is **more common in people age 50 years or older**
 - Autoimmune disorders such as **rheumatoid arthritis** and other disorders such as **diabetes, thyroid disorders**, and Vitamin A deficiency are associated with dry eye
 - Women are more likely to develop dry eye. **Hormonal changes during pregnancy and after menopause have been linked with dry eye.**
 - Windy and/or dry environments increase tear evaporation
 - Seasonal allergies can contribute to dry eye.
 - **Prolonged periods of screen time**(TV, LAPTOP, MOBILE PHONE) encourage insufficient blinking.
 - Laser eye surgery may cause temporary dry eye symptoms.
- 



CATARACTS

The world's leading cause of blindness. A condition most common in older adults because of the clouding of an eyes internal lens

Who is at risk for cataract?

The risk of cataract increases as you get older. Other risk factors for cataract include:

Certain diseases (e.g. **diabetes**).

Personal behaviour (e.g. **smoking, alcohol use**).

The environment (e.g. **prolonged exposure to sunlight**).



WHAT CAUSES CATARACTS

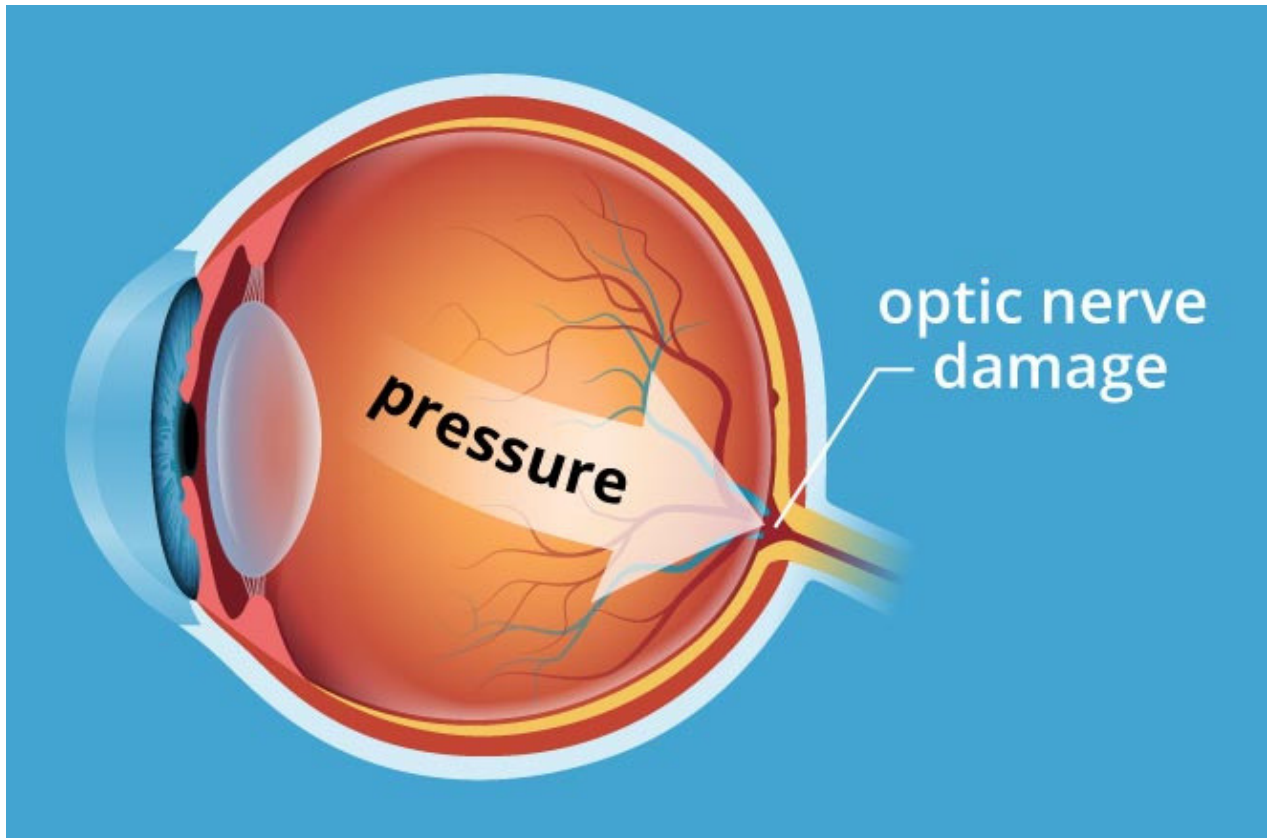
The most common symptoms of a cataract are


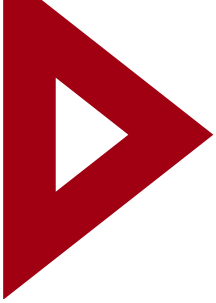
- Cloudy or blurry vision.
- Colours seem faded
- Glare. Headlights, lamps, or sunlight may appear too bright. A halo may appear around lights.
- Poor night vision
- Double vision or multiple images in one eye. (This symptom may clear as the cataract gets larger)
- Frequent prescription changes in your eyeglasses or contact lenses.



GLAUCOMA


The optic nerve is a bundle of about **1 million individual nerve fibres that transmits the visual signals from the eye to the brain**. In the most common form of glaucoma, primary open-angle glaucoma, the **fluid pressure inside the eye increases**. This **increase in pressure may cause progressive damage to the optic nerve and loss of nerve fibres**. Vision loss may result.





Not everyone with high eye pressure will develop glaucoma, and some people with normal eye pressure will develop glaucoma. When the pressure inside a person's eye is too high for a particular optic nerve, whatever that pressure measurement may be, glaucoma will develop.

People with a **family history of glaucoma have an increased risk of developing glaucoma.** Other risk factors include thinner corneas, **chronic eye inflammation** and taking medications that increase the pressure in the eyes.



Glaucoma cannot currently be prevented. But if it is **diagnosed and treated early, it can usually be controlled.** Medication or surgery can slow or prevent further vision loss

