

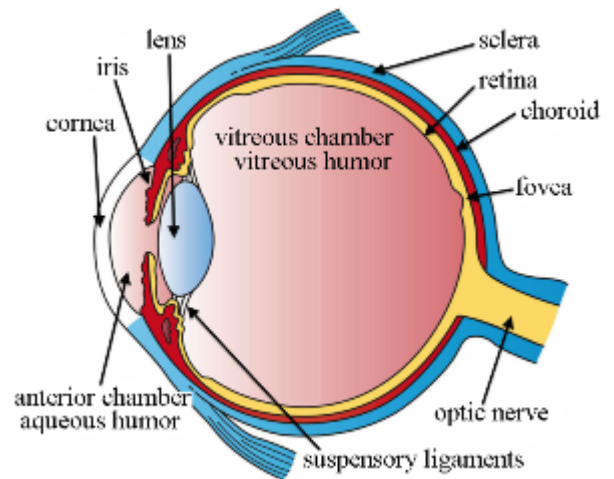
## GENERAL EYE CARE

Eye is the most precious gift God has gifted us. Life becomes meaningless without vision. Therefore we should take utmost care to prevent any damage to the eyes and vision. This document illustrates about our eyes and what measure should be taken to protect it from disease, accidents etc.



### Components of Eye

- **Sclera:** It is outer white part of the eye. It provides strength, structure and protection of the eye. Sclera consists of blood vessels. Eye specialists use Sclera as primary diagnosis point to assess overall eye condition.
- **Cornea:** It is the outer most layer of the black part having multiple layers. It acts as protective shield to the eye and also helps incoming light to focus properly. It has self healing capabilities in minor injury incidents.
- **Iris:** It is the colour part of the eye i.e. Black, Brown, Blue etc. It is a circular muscle which changes its size according to the surround light intensity.
- **Lens:** It is responsible for incoming light to propagate to the inner part of the eye. It is elastic in nature therefore it can change its form according to need.
- **Vitreous Humor:** It is gel like substance which helps eye to retain its round shape and also helps the retina to stay in its position.
- **Retina:** It is the wall which converts light into electrical signal and pass on to the brain to understand the imagery.



### General Dos & Don'ts of Daily Eye Care

#### Dos:

- Regular eye exercise in consultation with eye specialist
- Rest the eye in regular interval specially when working with computer
- Rinse your eye in regular interval
- 8 hours sleep
- Sufficient room lighting while working with computer or, watching television
- Properly wash your hand before wearing contact lenses
- Use good quality sun glasses UV protection along with Cap in day time
- Consult eye physician every 6 months interval. Moreover, check blood pressure & blood sugar regularly
- Eat foods rich in Vitamin A, Vitamin C, Lutein such as Carrot, Cod Liver Oil, Sweet Potatoes, Papaya, Blueberries, Grapes



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### Don'ts:

- **Avoid bright sunlight. Reduce brightness of television and computer to optimum level**
- **Don't work in dim light and avoid direct contact of light with eye while working**
- **Avoid places with too much dust and pollution**
- **Keep minimum distance of 20 inch while working on computer**
- **Stop smoking or, avoid passive smoking**
- **Share contact lenses with others**



### How to apply Eye Drops

- Pierce eye drop bottle as instructed in the bottle flap. Never use any kind of pins or, metallic substance. This will lead to contamination of the medicine
- Wash your hand properly before applying eye drop
- Lean your head sitting or, lay down condition
- Pull your lower eye lid and place one drop of the medicine. But ensure bottle does not touch the eye
- Once the drop is inside your eye, don't press or, move your eye otherwise it will spill out
- Press gently corner of the eye by your nose side for around 2 minutes meanwhile leave the eye closed

