NEA BAPTIST CLINIC

Title: Eye Care
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Daily eye care is important to keep your eyes healthy. Proper hygiene and preventive eye care will help you avoid problems like eyestrain, irritations, infection, and injuries.

How do I avoid eyestrain?
Some children and adults require glasses to avoid eyestrain when reading or doing close up work. Some people with dry eyes develop discomfort or "strain" when they read, drive, watch television, or look at a computer screen because they blink less during these activities. Lubricating eyedrops, medications, and surgery can help with these symptoms in some people.

How do I keep my eyes free from irritations and infections?
Keep the eye area clean with regular face washings. Women should remove all eye makeup before going to bed. Also, avoid using test makeup at cosmetic displays. You should also avoid touching your eyes with dirty hands. Wash your hands regularly, especially after going to the bathroom, coughing into your hands, or blowing your nose. It is also important to wash your hands after handling food such as raw chicken or raw meat. To prevent an infection in your eyes wash your hands after taking care of someone who is ill.

What can I do to prevent eye injuries?
To protect your eyes you can:

- wear sunglasses that give 100% UVA and UVB protection from ultraviolet rays when in the sun or using a sunlamp
- wear safety glasses when working with tools, machinery, chemicals, or bungee cords
- avoid scratching your eye with cosmetic applicators and brushes
- shield your eyes when using aerosol sprays
- wear proper sports eye guards and face masks when playing sports or participating in activities with projectiles such as paintball guns
- avoid giving toys that shoot projectiles or fly to children under 5 years old
- keep kitchen utensils, desk supplies, and personal-use items out of reach of children
- do not let children use fireworks without close adult supervision.

In the event of an eye injury, prompt medical care may prevent loss of sight.

When should I see my eye care provider?
See your eye care provider if you are concerned about your vision. Regular medical eye exams and vision testing are important for early detection of eye disease and for correction of vision problems. Even if you do not have any noticeable eye problems you should have an eye exam

regularly. The American Ophthalmology Association recommends that you have an eye exam according to the following schedule:

Ages 20 to 29 -- at least once during this time
Ages 30 to 39 -- at least twice during this time
Ages 40 to 64 -- every 2 years
Age 65 or older -- every year.

Your eye doctor may recommend a different schedule if you have certain eye problems, diabetes, or risk factors for glaucoma.

See your eye doctor immediately if you have any of the following symptoms:

- complete or partial loss of vision
- flashes of light and/or floating spots or lines in your vision
- new eye pain, sensitivity to light
- halos around light
- a pupil that has developed an irregular shape
- redness or excessive tearing
- severe itching and burning
- appearance of thick greenish or white discharge from the eye
- blurred vision that lasts more then a few minutes
- injury to an eye including scratches, burns, chemical exposure, or a foreign body in the eye.

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