

Short-sightedness usually develops during childhood, and adolescence, and it becomes more stable after the ages of 20 and 40.

Short Sightedness

→ Short Sightedness is also known as "myopia" (a medical term).

Short Sightedness is a common eye condition that causes distant objects to appear blurred, while close objects can be seen clearly.

Causes:

There are multiple causes of short-sightedness.

① Patients who are short-sighted have a steep cornea and/or a long eye. This means that the point of focus falls short of the retina and the patient will struggle to focus on things in the distance.

{ The longer the eye and/or steeper the cornea the higher the level of short-

sightedness.]

This can be caused by plethora of possible reasons.

②- Short-sightedness cause mostly through excessive use of

- phones
- Tablets
- computers etc.

③ Short-sightedness can also be inherited.

Symptoms: Symptoms may include:

- 1- Blurry vision when looking at distant objects.
- 2- The need to squint or partially close the eyelids to see clearly.
- 3- Headaches
- 4- Eyestrain
- 5- Rub the eyes frequently.

Treatment:

1- Short-sightedness can usually be treated with glasses or contact lenses. Because these help your eyes to focus correctly and you can see distant objects more clearly. Glasses are suitable for children and adults but contact lenses are only suitable for adults and some children.

2- Laser eye surgery and lens surgery can also be done to improve sight but it is expensive treatment.

Conclusion:

Short-sightedness is mostly caused due to excessive use of phones, laptops and computers and mostly develops during childhood and adolescence. So, we ^{should} have to decrease the screen-time of children, and adults.

Long - Sightedness

→ It is also known as "Hyperopia" (a medical term).

→ It is opposite to short-sightedness.

[It is a common problem where you find it hard to see things nearby, but you can see things far away clearly.]

Causes:

- 1- The causes of long-sightedness are usually Genetic.
- 2- Long-sightedness can occur at any age but it tends to become more noticeable above the age of 40 years.
- 3- Age-related long-sightedness occurs because the lens of the eye becomes more stiff with age.
- 4- It may also cause due to diabetes, small eye syndrome, cancers around

the eye and problems with the blood vessels in the retina.

Symptoms:

→ Symptoms may include:

- 1- Difficulty with near vision
- 2- 'Tiring' of the eyes
- 3- Headaches
- 4- Uncomfortable vision
- 5- Being able to see things more clearly when you move them further away.

Treatment:

- 1- Glasses
 - 2- Contact lenses
 - 3- laser eye surgery / lens surgery
- it is expensive

So long-sightedness can be improved through use of glasses and contact lenses.

Conclusion: So, by maintaining sugar level and health by eat right we can protect our eyes from long-sightedness because mostly it occurs above age 40.

Therefore, maintenance of health is so import to avoid vision loss.

Color Blindness

→ Color blindness or poor or deficient color vision

[is an inability
to see the difference
b/w certain colors]

Though many people use the term color blindness for this condition, but true color blindness is:

[In which everything
is seen in shades of
black and white.
it is rare.]

→ Men are more likely to be born with color blindness.

Causes: \rightarrow Causes may include:

- ① Inherited disorder \rightarrow Inherited deficiencies are much more common in males than females.
 \rightarrow The most color deficiency is red-green, Blue-yellow color deficiency is less common.
 \rightarrow It is rare to have no color vision at all.
- ② Diseases: There are also some diseases that may color deficiency like diabetes, Alzheimer's disease, macular degeneration etc.
- ③ Certain Medications: Some medications can alter color vision such as some drugs that treat certain heart problems, high blood pressure, infections, nervous disorders, and psychological problems etc.
- ④ Aging: Your ability to see colors deteriorates slowly as you age.

⑤ Chemicals → Exposure to some chemicals in the workplace, such as

carbon disulfide and fertilizers, may cause loss of color vision.

Symptoms: People affected by color blindness may not be able to distinguish

1- Different shades of red and green.

2- Different shades of blue and yellow

3- Any colors

4- Inability to tell the difference blue shades of the same or similar colors.

Treatment: There is no cure, but special glasses and contact lenses can help people to see differences blue colors.

Conclusion: By follow a healthy life style and avoiding chemical exposures we can reduce the chances of having color blindness.

Night Blindness

→ Night blindness

(Nyctalopia) is a symptom of an underlying disease such as a retina problem.

→ The night blindness prevents you from seeing well at night or in poor lighting.

Causes:

→ Causes may include:

- 1- Myopia (short-sightedness).
- 2- Diabetes
- 3- Vitamin A deficiency, especially in individuals who have undergone intestinal bypass surgery.
- 4- Glaucoma medications that work by constricting the pupil.
- 5- cataracts.

Symptoms:

- 1- Blurry or cloudy vision in low light.
- 2- Sensitivity to light
- 3- Seeing glare or halos around lights.
- 4- Difficulty seeing distant objects in low light.

5- Inability to see stars in the night sky.

6- Total loss of vision when entering a dark room (lasting more than a few minutes).

Treatment: → Treatment of night blindness depends upon the cause. Treatment may be as simple as getting yourself a new eyeglass prescription or switching glaucoma medications, or it may require surgery if the night blindness caused by cataracts.

Conclusion:

→ We can prevent night blindness by eating foods that have vitamin A, by regular eye exams, by exercising and by wear sun-glasses to protect eyes from sunlight.
