

World Sight Day

#Loveyoureyes

WORLD SIGHT DAY

HOW DO I LOVE MY EYES?

TO MAINTAIN HEALTHY VISION, FOLLOW THE **4P** GOOD EYE HEALTH GUIDE

PREVENT

- Eat healthy
- Adopt healthy habits
- Go and play outdoors
- Reduce screen time

PROTECT

- Wear quality sunglasses if going out in sunny conditions
- Use specific sports-related eyewear while playing sport

PRESERVE

- Routine eye check-ups
- Follow the recommendations provided during school vision screenings
- Follow treatment advice for wearing glasses, and for any eye medications prescribed by the eyecare practitioner

PRIORITISE

- Prioritise your eye care and vision care. A periodic eye test is as important as a vaccination schedule or any other routine health check-up
- Make sure that every child gets an eye examination before they start school, to enable early detection and treatment of eye problems that can impact reading and learning
- Do not ignore any warning signs that indicate any underlying vision problems

DR RONNIE BHOLA

Nearly everyone on the planet will experience an eye health issue in their lifetime and more than a billion people worldwide do not have access to eyecare services.

To address the bigger picture at the country and global level, the International Agency for the Prevention of Blindness (IAPB) recommends, "We need to be aware of our own eye health, and so our theme for 2021 is #Loveyoureyes."

#Loveyoureyes is all about being aware of your own eye health and if you are able to, get a sight test or recommend others do the same.

WHO says one billion people affected by preventable vision impairment.

According to World Health Organization, "globally, at least one billion people have near or distance vision impairment that could be prevented or has yet to be addressed. Vision impairment affects people of all ages, with the majority being over the age of 50. Vision impairment and blindness can have major and long-lasting effects on all aspects of life, including daily personal activities, interacting with the community, school and work opportunities and the ability to access public services."

"Unoperated cataract and uncorrected refractive error are the leading causes of vision impairment. Other causes such as age-related macular degeneration, glaucoma, diabetic retinopathy, infectious diseases of the eye, and trauma, however, cannot be ignored and need to be addressed" shares WHO in their World Sight Day release.

Making your vision count

Changing the world begins with a small step

of changing yourself, making your vision count and taking those important steps to protect your vision on this occasion of World Sight Day.

This year, under the theme of #Loveyoureyes, we are using the four Ps to remind us how to do this—prevent, protect, preserve and prioritise.

Prevent eye diseases by adopting a healthy lifestyle. Stop smoking, drink less and maintain healthy eating habits. People with diabetes should also take extra control of their blood sugar levels, as this is critical to prevention of future vision loss.

Protect your eyes using sunglasses to block out UV rays. If you work in hazardous conditions with chemicals and flying particles, wear protective glasses when doing your work. Women should also be careful not to use expired eye makeup, in case of infecting their eye.

We all know screen time has increased exponentially due to the pandemic, but we must remember to take breaks to avoid dry eye and eye strain. Remember to blink regularly and use the 20-20-20 rule.

Preserve your vision by doing yearly eye check ups with your ophthalmologist and optometrist and remember to share all your medical and family history so you can fully understand your risk factors.

Prioritise your vision by practicing all of the above. Do not postpone eye checks and remember to take prescribed medication and wear your glasses.

Let's all pledge to take proper care of our own eyes and encourage friends and family members to do the same. We are happy to promote universal eye health and help spread healthy vision awareness on this occasion of World Sight Day!



Dr Ronnie Bhola

MBBS FRCS (Ed) CCT (UK)

A vitreous/retinal surgeon with interest in using the highest level of technologies to deal with problems of the retina, vitreous and lens. CEO, Caribbean Vitreous and Retina Surgery Ltd, and the chairman of Trinidad Eye Hospital with the core vision of improvement in eyecare and alleviating blindness from cataracts in the region. www.trinidadeyehospital.org

PRECISE PROSTHETICS LTD.

*Fitting & Servicing
of Custom Prosthetic Eyes*



REYAZ KHAN
ABOC, NCLEC / BCO
Dispensing Optician / Ocularist

Board Certified Ocularist
Member of the American Society of Ocularists



VISIT US FOR THE ANNUAL SERVICE OF YOUR PROSTHETIC EYE

139 Caroni Savannah Road, Charleiville,
Chaguanas, Trinidad, West Indies.



Tel: (868) 672-1317, 372-8088, 735-6651

Insurance
Friendly



Precise Prosthetics

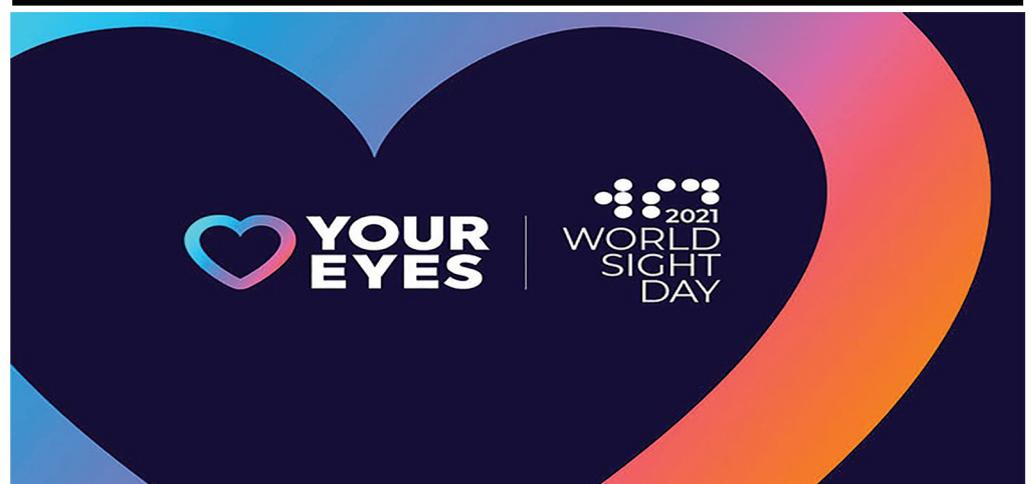
Email: arteyett@gmail.com

DALTON-BROWN

OPTOMETRISTS

Total Eyecare for the
Whole Family

- * Comprehensive Eyecare Examinations
- * Contact Lens Examinations & Fitting
- * OCT & visual Field testing to Screen for Glaucoma and other eye diseases
- * Dilated Fundus Examinations



Cor. Queen & Sorzano Sts., Arima
Email: dbeyecare@yahoo.com

Telephone : 667 - 3115
299 - 3115