



Eye assist optical

The island's first optical-themed restaurant

Eye Assist Optical Limited can be found in the cool, eco embracing, Dabiedial Road, which is located in Penal, approximately 10 to 15 minutes from the town's police station.

Eye Assist Optical was actually designed to be the island's first optical and restaurant, or to be politically correct, an optical-themed restaurant by international chef and culinary consultant Valmiki Poulido. Due to the restraints of Covid-19, the restaurant aspect of the business has been put on a temporary halt, however the optical aspect is fully functional.

Eye Assist Optical has a spacious parking lot for its customers and boasts of a safe and family oriented environment.

Eye Assist Optical usually has a different special every month.

Frames from a variety of countries around the world as well as the standard fashion designer frames we all know and love are collected.

Two of Eye Assist Optical's trending promotions that are always available are the Birthday Special and the Elderly Appreciation Day. The Birthday Special is very simple, if it is your birthday when you go in for an eye exam you get a discount or a special gift unique to you, everyone's experience is different. On the second Tuesday of every month, Elderly Appreciation Day is celebrated at Eye Assist Optical. Individuals 65 years and over can get a complete pair of glasses for \$1021, so the next time you're in the area, visit Eye Assist Optical and see what they have to offer you.

At Precise Prosthetics, our services include custom artificial eyes, scleral shells and prosthetic contact lenses, all hand crafted by a Board certified Ocularist, Reyaz Khan.

The fit is done using an impression technique which allows us to match the volume and lid contours of the fellow eye. This also facilitates excellent movement of the final prosthesis, resulting in optimum patient comfort and satisfaction.

The natural appearance of the prosthesis depends not only on matching the colour and positioning of the iris, but also the shading and subtle tones of the sclera and

Precise prosthetics

duplicating any tiny veining that may be present. Another important factor considered in the manufacture of the prosthesis is its ability to reflect light.

The fit of the eye can also be adjusted when necessary, thereby ensuring that at all times the patient is comfortable with a well fitting prosthesis.

Due to the changes that can take place in the socket after initial fitting, Precise Prosthetics provides a six month follow up service with

the new fitting of prosthetic eye.

In order to ensure optimum comfort and appearance and to prevent secretions, infection, and other discomfort, it is imperative that prostheses are professionally cleaned and polished annually. This is in addition to routine patient care and maintenance.

This serves to keep the acrylic finish intact ensuring the prosthetic eye looks and feels better; reducing irritation to the patient's eye socket and surrounding tissue.

Healthy foods for healthy eyes

Have you ever thought that your diet can affect your eyes? Well, it can! The good news is that a diet that's healthy for your eyes is also great for your health, heart and entire body. It's win-win, as you have so many delicious choices.

Some nutrients keep the eye healthy and research has found that a proper nutrient-rich diet can reduce the risk of some eye diseases and help maintain a healthy eyesight. A diet low in fat and rich in fruits, vegetables, beans and fish is important for good eye health.

What Foods Do I Focus on for Eye-Healthy Eating?

Vitamin A: Orange-Coloured Vegetables and Fruits

Vitamin A is possibly the most widely known eye health nutrient. Your retina loves Vitamin A! Vitamin A can be found in most or-

ange-coloured vegetables and fruits such as: sweet potatoes, carrots, pumpkin/squash, mangoes, cantaloupe

Vitamin C: Fruits and Veggies

Vitamin C is an antioxidant and is critical to eye health as it helps repair and grow new tissue cells which were damaged. Most people associate Vitamin C with citrus, however there are many more fruits and vegetables rich in Vitamin C. Guava, papaya, citrus-oranges, grapefruits, lemons, strawberries, kale, broccoli, sweet bell peppers

Vitamin E

Vitamin E is another very important antioxidant. Vitamin E can be found in many foods and without enough of it, you may become prone to infections, experience impaired eyesight or suffer from

muscle weakness. Foods rich in Vitamin E are: wheat germ, mamey sapote, avocado, almonds, sunflower seeds, spinach, broccoli

Omega-3 Fatty Acids

According to research, diets rich in omega-3 fatty acids may help reduce the risk of developing eye disease later in life. Omega-3's are especially good for tear function so a diet with Omega3's may help people with dry eye.

Food with Omega-3's: mackerel, salmon, sardines, herring, tuna, flax seeds, chia seeds, walnuts, cod-liver oil

Lutein and Zeaxanthin: Green Leafy Vegetables and Brightly Coloured Foods

Lutein and zeaxanthin are antioxidants and are usually found in the pigments of leafy green vegetables and some brightly coloured foods. Lutein and Zeaxanthin are vital in the protection of the macula, the part of the eye responsible for central detailed vision. Food rich in Lutein and Zeaxanthin: kale, spinach, green peas, pumpkin, romaine lettuce, papaya, eggs

Zinc

The mineral zinc helps keep the retina healthy and may protect your eyes from the damaging effects of light.

Foods with Zinc: chick peas (channa), black-eyed peas, kidney (red) beans, oysters, lean red meat

It's not too late to begin eating a healthy diet. While we've listed many nutrient-rich foods, it's important that everything is eaten in moderation and that your diet be balanced. Start eating well now to benefit your vision and your health for the rest of your life!

Article courtesy the Trinidad Eye Hospital

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Hay you there, yes you.... When was your last eye exam

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