An Eye on Eye Health

The visions we offer our children shape the future.

--Carl Sagan

Children represent the progress we make as a country. 15% of India's internet users are aged between 5 to 10 yrs of age. Moreover, due to the COVID-19 pandemic, this age group is continuously exposed to longer screen time.

WHO predicted that 1 out of 2 children would become myopic (short-sighted) by 2050, and their eyeglass numbers may change rapidly. This is the time; the proper care must be given to them to control the progression of this condition.

Screen time also represents a significant risk factor for dry eye disease in children. Dry eye symptoms include eye redness, eye rubbing, itching, and headache.

We can follow these simple steps to avoid Myopia and to improve eye health.

Do's

1) Encourage the children to continue wearing the prescribed eyeglasses.
2) It is essential to motivate children to reduce screen time. Give them more offline options.
3) Spend more time in outdoor activities.
4) Ask children to blink their eyes and look away from the screen while watching their favorite shows.
5) Wash eyes often with clean water.
6) Provide Vitamin A and Vitamin C-rich diet, e.g., Carrots, Papaya, Mango Pineapple, Pumpkin, Tomatoes, eggs, and fish. Additionally, green leafy vegetables, milk, curd, buttermilk is also essential for eye health

Don'ts

1) Do not ignore any complaints such as headache, itchy eyes, red eyes, or eye pain.
2) Do not touch eyes, nose, and mouth with unwashed hands.
3) Minimize intake of processed and junk food.
4) Don't let children stay up till late night, as 8-10 hours of sleep is essential for good health.
5) Parents should minimize their own screen time as children tend to imitate them.
6) Do not send your children to school if they have eye infections.

Please click on the link given below for Great Exercises to Strengthen and Relax Eye Muscles.

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