

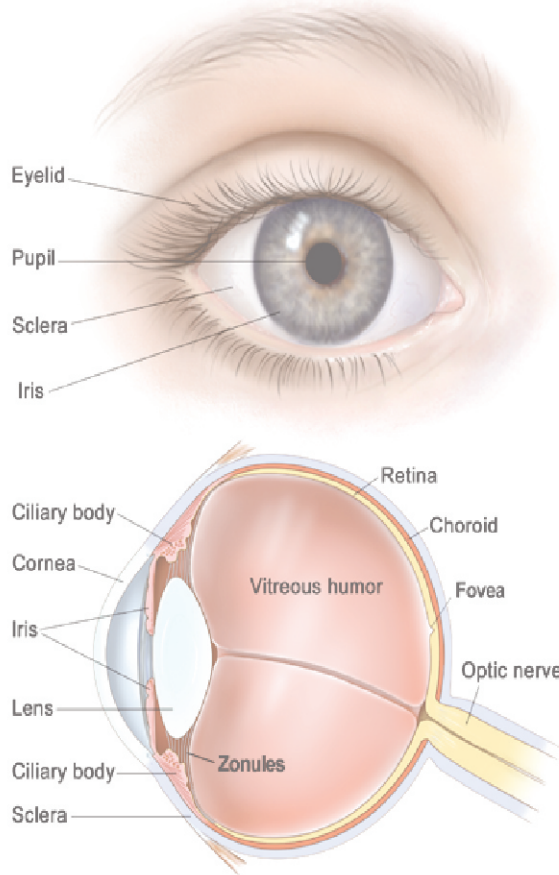
What can be done about floaters ?

Most people sometimes see spots, and these can become more noticeable with age. Surgical removal of floaters is rare and suggested in only the most severe cases. Often, people simply learn to ignore their floaters. If a floater appears in your line of vision, move your eyes around. This causes the fluid inside the eyes to shift and allows the floater to move out of the way. Since we usually move our eyes from side to side, looking up and down may be more helpful in removing floaters from your line of sight.

Should I be concerned about floaters ?

If you have a few floaters, it generally means that you may not have a serious eye problem. However, if a large number suddenly appear, or they seem to worsen over time, it is crucial to get an eye examination. If the floaters appear together with flashes of light or if you experience any vision loss, it might be a sign of serious conditions, which could threaten sight and would require immediate medical attention!

A complete eye examination will help determine the seriousness of floaters and the health of your inner eye. During a complete eye exam, called a dilated eye exam, the eye doctor widens the pupil of the eye with eye drops to allow a closer look at the inside of the eye.



THE EYE SUPER-SPECIALITIES
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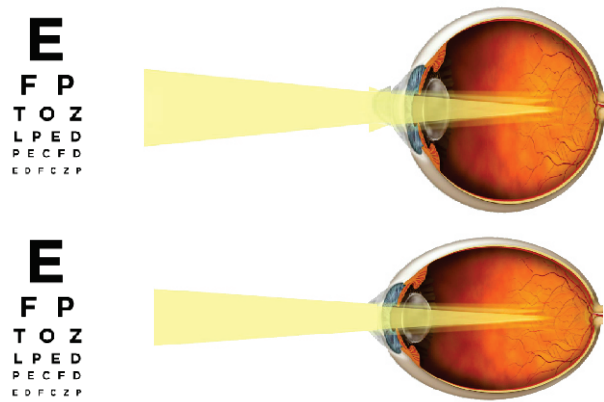


WHAT YOU NEED TO KNOW ABOUT SHORT SIGHTEDNESS (Myopia)

MYOPIA

What Is Myopia ?

Myopia (short-sightedness) is a vision defect resulting from the eye being too long from front to back, or from the cornea (the clear part of the front of the eye which allows light in) being too steeply curved.



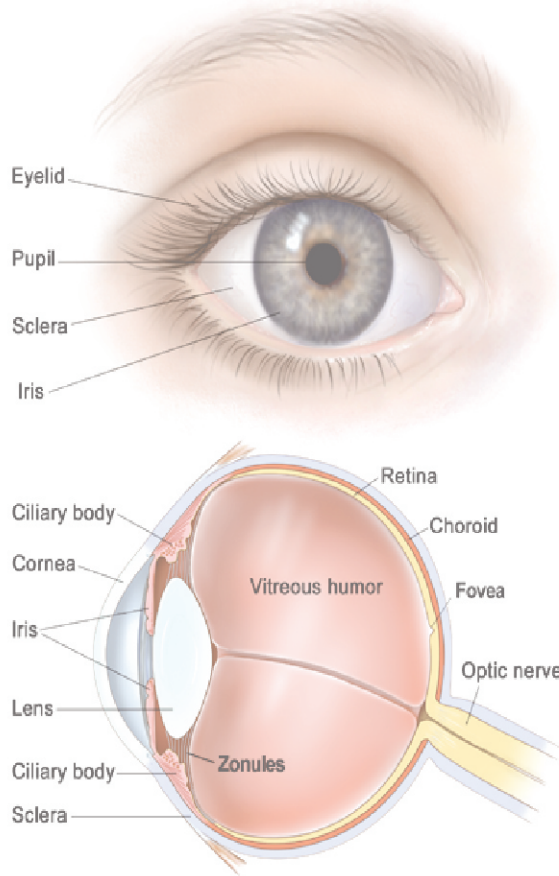
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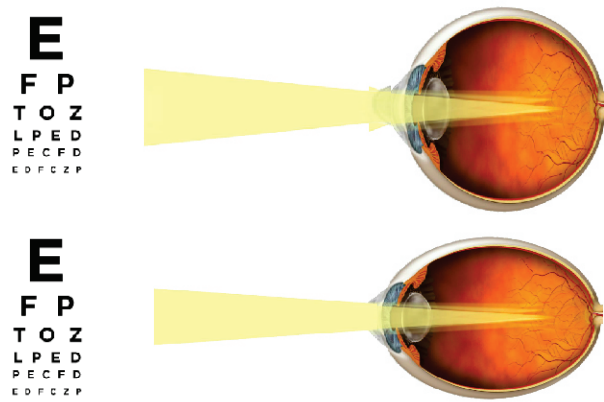
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What are the symptoms ?

Myopia causes distant objects to appear blurred, whilst close objects can still be seen clearly.

When does it present ?

Myopia usually appears around puberty, but may appear at any age from early childhood up to the age of 25. In most cases, myopia will stop getting worse when the growth process has been completed.

The earlier myopia starts, more severe it is likely to become. Myopia that starts in early childhood often gets worse in adult life, and may become very severe. Known as high degree myopia (or sometimes as pathological myopia), it can create problems in later life because of its association with changes at the back of the eye (Retina).

Does it run in Families ?

There is a tendency for myopia to run in families. Children have about a 30% chance of developing myopia if one of their parents has the condition, and a 55% chance if both have it. High degree myopia also runs in families.

What are the treatment options ?

Myopia can usually be corrected with glasses (spectacles) or contact lenses. These cancel out the increased curvature of your cornea or the increased length of your eye so that distant objects no longer appear blurred.

Surgery to correct myopia is available. It works by altering the shape of the cornea so that the eye focuses correctly.

What are the associated complications ?

If you have high degree myopia you are more likely to develop eye disorders in later life, such as retinal detachment, glaucoma, and cataracts.

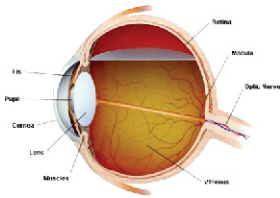
What extra care is needed in myopic patients ?

A detailed eye examination (preferably by a retinal specialist) should be done every year.

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What causes floaters ?

A clear gel(vitreous gel) called the vitreous body fills the inside of the eye. If some of this gel forms clumps, floaters can result. Small flecks of protein or other material that were trapped in the vitreous during the eye's formation can also cause floaters. Even though they may seem to be in front of the eye, floaters actually are seen as shadows by your retina. The retina is the light-sensitive, inner layer of the eye. Over time, the vitreous gel shrinks and may detach from the retina. The pulling can cause tiny amounts of bleeding. This is a common cause of floaters in people who are very nearsighted or who have had a cataract operation. Less often, floaters may result from other eye surgery, eye disease, eye injury or crystal-like deposits that form in the vitreous.

What causes flashes of light ?

Seeing flashes of light is usually not cause for alarm. However, this may indicate a medical condition that can threaten your sight. It is best to take these and any changes in your vision seriously until a doctor tells you otherwise.

- Flashes of light that are accompanied by new floaters or a partial loss of the field of vision may be a medical emergency. Have your eyes examined immediately by an eye doctor to see if you have a retinal tear or detachment.
- Light flashes can also occur when the vitreous inside the eye shrinks and pulls on the retina. Flashes of light or jagged lines usually appear on and off for several weeks after the vitreous/retinal separation.
- Flashes of light may also be caused by migraines. If flashes of light are present in one or both eyes and last between 10 and 20 minutes, it may indicate a migraine, which is caused by a spasm of the blood vessels in the brain. This may be followed by a migraine headache. It is possible to have flashes of light or blind spots without the headache (sometimes called a classic or ophthalmic migraine)

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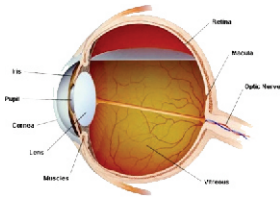
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