

## **Reading In Dim Light Will Hurt Your Eyes**

True  False

Using the eyes in dim light does not damage them. It wasn't too long ago that all night time reading and sewing was done by candlelight or with gas or kerosene lamps. Everyone should use good lighting, however, to make reading easier and to prevent eye fatigue. (*Answer: False*)

## **Not Using The Proper Eye Glasses Will Hurt My Eyes**

True  False

Glasses are simply aids to improve vision. Going without glasses or lacking proper glasses will not physically damage your eyes. Eyes are neither strengthened or weakened by glasses. Wearing glasses at an early age will not worsen eyesight. The one exception is in children with crossed eyes or lazy eye, where glasses may straighten the eye and preserve vision. While it is desirable to have corrective glasses or contacts to provide optimum vision, we should never fear loss of vision for lack of proper glasses. Furthermore, using your eyes will not damage them, whether or not you are wearing your glasses. (*Answer: False*)

## **Using Computers Will Not Damage Your Eyes**

True  False

Using computers or video display terminal will not harm your eyes. However, eye strain or fatigue may develop with prolonged periods of close work or reading. Taking breaks, and looking up or across the room at frequent intervals usually relieves the strain. If your vision blurs or your eyes tire easily you should have your eyes examined by an eye doctor. (*Answer: True*)

## **Children Usually Out grow Crossed Eyes**

True [ ] False [ ]

Real crossing of the eyes in children is not outgrown. Some children have a wide bridge of the nose which makes the eye look crossed, but this facial appearance of crossing can improve with age. To avoid seeing double, a child whose eyes are really crossed will use only one eye at a time. The unused or crossed eye may never develop good vision unless the child is forced to use it, usually by patching of the good eye. Crossed eyes may be straightened by glasses, eye drops, or surgery. In general, the earlier crossed eyes are treated the better. Children who appear to have crossed eyes should be examined by an eye doctor.

*(Answer: False)*

### **Eye Trouble Is The Cause of Reading Disability (Dyslexia)**

True [ ] False [ ]

Reading problems among children are often referred to as dyslexia. There is no scientific evidence that eye trouble causes dyslexia, or that eye exercises cure dyslexia. Dyslexia is a learning disorder, not an eye problem. Dyslexic children often need help from teachers and persons with special training in learning disabilities. Before such treatment is started, it is important for the child to have a complete eye examination to diagnose any correctable eye condition. *(Answer: False)*

### **Sitting Close To The Television Can Be Normal**

True [ ] False [ ]

Children have a greater ability to focus up close without strain than do adults. They often develop habits of holding reading material close to their eyes or sitting close to the television. There is no evidence that this damages the eyes, and these habits will usually change as children grow older. Occasionally, children with nearsightedness sit close to the television to enable them to see images more clearly. An eye doctor can diagnose this condition which is correctable with glasses. *(Answer: True)*

## **Eating Carrots Will Improve My Vision**

True  False

It is true that carrots are rich in Vitamin A, which is essential for sight; however many other foods also contain Vitamin A. Only a small amount is necessary for vision. A well-balanced diet, with or without carrots, provides all the nutrients necessary for good vision. Excessive doses of Vitamin A, D, or E may even be harmful. (*Answer: False*)

## **People With Weak Eye Should Avoid Reading Fine Print**

True  False

There are many misconceptions that people with weak eyes, or older people who have trouble seeing, should not use their eyes too much for fear of wearing them out sooner. There is also a fear that looking at fine print may accelerate vision loss. Let's compare our eyes to a camera. The camera will not wear out sooner just because it is used to photograph intricate detail. The same is true of our eyes and we should not fear using them to the fullest. (*Answer: False*)

## **"Second Sight" In the Vision Of The Elderly May Be A Sign Of Cataracts**

True  False

It is not surprising that an older individual may think their eyes are getting better when they become able to read the newspaper without glasses. The truth is they are becoming more nearsighted, which can be a sign of early cataract development. A cataract is not a film over the eye but is a gradual clouding of the normal lens inside the eye. It was once believed that a cataract had to be "ripe" before it could be removed. Today a cataract may be removed when it handicaps vision significantly, at any age. (*Answer: True*)

## Cataracts Can Be Removed With A Laser

True [ ] False [ ]

This is a modern ocular myth. Cataracts are not removed by lasers. The cloudy lens must be removed surgically. After cataract surgery, a membrane within the eye may become cloudy. An opening in this membrane can then be made with a laser. This application of the laser is not to be confused with the surgical removal of the cataract or clouded lens of the eye. (Answer: False)

## Eyes Cannot Be Transplanted

True [ ] False [ ]

The transplantation of whole eyes is currently a scientific impossibility. Everyone's eyes are connected to the brain by a delicate "cord" called the optic nerve which is vital to sight. This nerve cannot be "reconnected" once it has been disconnected. Because of this, the eye is never removed from its socket during surgery. The cornea, the clear front part of the eye, has been successfully transplanted for many years. This cornea transplant is sometimes confused with an eye transplant. (Answer: True)

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