HEALTH & FITNESS



Myth

Fact

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TITH a little knowledge of the human body one almost claims to be a doctor in his own right. Little wonder then, that one receives all sorts of absurd and innocuous advise. Eye care is no different. Let's bust some common misconceptions and myths about how one can adversely affect or impair his vision.

Myth

Reading in dim light is harmful for the eves. Fact

Although reading in dim light can make your eyes feel tired, it is not harmful.

Mvth

Working on the computer for long hours is harmful for the eyes Fact

Although using a computer monitor is associated with eye strain or fatigue, it is not harmful to the eyes.

Myth

Watching TV for long hours will result in short sight. Fact

Watching TV may tire the eyes, but will not result in short sight.

Myth

Ill-fitting glasses damage your eyes. Fact

Although good fitting glasses are required for good vision, ill-fitting glasses do not damage the eyes.

Myth Reading in a moving bus increases the power of your lens.

Reading in a moving bus though not advisable only contributes to eye strain and fatigue.

Myth

Wearing ill-fitting contacts does not harm your eyes.

Ill-fitting contact lenses can be harmful to your cornea. Get your eyes checked regularly by your ophthalmologist if you wear contact lenses.

Myth

Eve exercises and eating lots of carrots can reduce the power. Fact Although eating a nutritious diet including fresh fruits and vegetables is good for the eye tissues, it cannot reduce the power. Short sight is usually due to increase in the length of

the eyeball and this cannot be

reduced by exercises or diet. Myth

Myth

You do not need to have your eyes checked until you are in your 40's or 50's. Fact

There are several asymptomatic, vet treatable, eve diseases (most notably glaucoma) that can begin prior to reaching your 40's. Periodic eye check ups once in at least two years is advisable for everyone.

It is okay to sleep or swim with soft contact lenses.

Fact Potentially blinding eye infections can result from using contact lenses while swimming or wearing them while sleeping.

Myth

Being squint is a temporary phase in childhood.

A child whose eyes are misaligned has strabismus (squint) and can develop poor vision in one eye (a condition known as amblyopia) because the brain turns off the misaligned or 'lazy' eye. The sooner crossed or misaligned eyes are treated, the less likely the child will have permanently impaired vision.

Myth

A cataract must be ripe before it can be removed.

With modern techniques, a cataract does not have to ripen before it is removed. When a cataract keeps you from doing the things you need to do, consider having it removed.

Myth

Cataracts can be removed with lasers without any incision or surgery. Fact

Cataract cannot be removed with a laser. The cloudy lens must be removed through a surgical incision. However, after the cataract surgery, a membrane within the eye may become cloudy. This membrane can be treated with laser surgery.

Eyes can be transplanted.

The eye cannot be transplanted. It is connected to the brain by the optic nerve, which cannot be reconnected once it has been severed. Cornea-the clear front part of the eye-can be transplanted. Surgeons often use plastic intraocular lens implants (IOLs) to replace natural lenses removed during cataract surgery.

Boost your libido

Feel good about yourself. Nothing reduces your interest in sex more than low self-esteem. Pamper yourself when you're feeling down and take some time to relax or indulge in an activity that makes you feel better.

Gingko biloba. This herbal remedy made from the leaves of the gingko biloba tree, improves blood flow to the brain and the sexual organ. It is believed to have an enhancing effect upon desire, excitement and orgasm.

Massage. Massages can do wonders for sexual arousal particularly if you're stressed, worried or angry. Arrange for soft lighting in the room with soothing music. Start massaging your partner's back.

Eat the right things. If your body becomes frail due to bad health sex invariably suffers. Fruits and vegetables ensure good health. The vitamins and antioxidants will help maintain good blood flow to the sex organs and prevent certain chronic diseases.

Lose weight. Being overweight can affect not only

A diabetic need not have his eves examined if his vision is good. Fact

Diabetic retinopathy can progress to an advanced stage without affecting the central vision. Early recognition can stop the progression and prevent permanent blindness.

If my blood sugar is under control, I will not develop diabetic retinopathy.

> your self-esteem and your feelings of sexuality but you're likely to suffer from blood vessel disease which can reduce blood flow to the genitals.

Myth

Fact

Keep fit. Moderate regular exercising will help improve blood flow to the sex organs. In addition, exercise helps you feel good about yourself. Anything that improves self-esteem will improve libido.

Stop smoking. Smoking can have a terrible affect on blood flow as it causes the blood vessels to constrict. It also saps your stamina.

Diabetic retinopathy is related to the duration of diabetes and not

Laser treatment will reverse the

Laser treatment can only prevent fur-

ther progression. It cannot reverse

damage already done to the retina.

The author is a consultant in

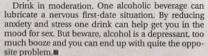
the blood sugar levels.

damage already done.

paediatric opthamology

Aphrodisiacs. There is no magic love potion but aphrodisiacs can be fun. Often they are food that look sexually suggestive like asparagus. Others, like oysters, gain their loveinducing reputation by containing antioxidants and trace elements necessary for good sexual functioning. For example, oysters are packed with zinc, a mineral central to

fertility.



TAKE the eating disorder quiz to

d) Antidepressant medication

DR C A KISHORE