

# High Care Tips for Eye Care

## Do's

- 👁️ Make sure you give your eyes the attention and best care they need as they are very precious.
- 👁️ Have rich vitamin A diet, the sources are- green leafy vegetables, greens, carrots, papaya, eggs etc...
- 👁️ Wear protective eyewear while working in industries, chemical exposures, arc welding etc...
- 👁️ Periodically check your vision by closing one eye.
- 👁️ One should definitely have the eyes checked when there is family history of eye problem like glaucoma or Retinal detachment.
- 👁️ One should have good and strict control on the medical problems like Diabetes, Hypertension(Blood Pressure), High Cholesterol and other factors.
- 👁️ Have a regular eye check up with the ophthalmologist.

## Don'ts

- 👁️ Do not watch television at a close distance.
- 👁️ Do not lie down and read a book.
- 👁️ Do not read books in a moving vehicle.
- 👁️ Do not take indigenous treatment for eye problems.
- 👁️ Avoid smoking habits and alcohol consumption.

## When to visit your doctor

If you experience the following symptoms or signs then it is advisable to visit an eye doctor immediately.

1. Sudden blurring of vision or sudden loss of vision.
2. Flashes of light or floaters in front of the eyes.
3. Severe reddening of the eyes.
4. Double vision.
5. Sudden marked distortion of vision.
6. Severe pain in the eyes.
7. Any sort of injury to the eyes.



The gift of sight is the most wonderful gift given by GOD to mankind. This book is one stop shop for all eye problems, supplemented by schematic diagrams and clinical photographs. The book has been published with the main motto of creating awareness on eye problems.

The book is meant 'FOR YOUR EYES ONLY'.

**Dr. Mohan Rajan**, Medical Director of Rajan Eye Care Hospital is a well-trained Ophthalmic Surgeon in both Anterior and Posterior segment surgeries. He graduated from Madras Medical College and had his basic training and Fellowship in Vitreous & Retina under Dr. S.S. Badrinath at the renowned Institute Sankara Nethralaya. Dr. Mohan Rajan has performed more than 25,000 Cataract & IOL implant surgeries and is a specialist in Phacoemulsification & Foldable IOLs and Vitreous Surgery.



**Dr. Sujatha Mohan**, is the Associate Medical Director of Rajan Eye Care Hospital and Director of Rotary Rajan Eye Bank. She graduated from Thanjavur Medical College and had her Post-graduate training in Sankara Nethralaya and is a well trained Anterior segment Ophthalmic Surgeon. She has specialized in Phacoemulsification and Foldable IOLs, Corneal transplant surgery and is an eminent Refractive (LASIK) surgeon.



**A Super Speciality Eye Hospital & Postgraduate Institute of Ophthalmology**

**Affiliated to National Board of Examinations  
An ISO 9001 : 2000 Organisation**

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