

*Reading is a joyous experience. There's nothing better than escaping into a good book. Let **Ivan R Cammack** take care of your vision and it's a pleasure that will last a lifetime.*

# Eye care. Chapter

**You might be diving headfirst into a brand new book or rereading an old favourite. Perhaps you are reading out loud to a child or grandchild.**

Safeguarding your sight is the way to reading happiness.

Regular eye examinations are the cornerstone of visual health as people age. Individuals who have a family history of eye disease or other risk factors should have more frequent examinations. Don't wait until your vision deteriorates to have them checked out. One eye can often compensate for the other while an eye condition progresses. Only an examination can detect eye disease in its earliest stages.

You can take other steps on your own. First, if you smoke, stop. Smoking increases the risk of several eye disorders, including age-related macular degeneration. Next, take a look at your diet. Maintaining a nutritious diet, with lots of fruits and vegetables and minimal saturated fats and hydrogenated oils, promotes sound health and may boost your resistance to eye disease. Wearing sunglasses and hats is important for people of any age. Taking the time to learn about the aging eye and recognising risks and symptoms can alert you to the warning signs of vision problems.

Although eyestrain – spending many hours in front of a television or computer screen, or working in poor light – does not cause harmful medical conditions, it can tire the eyes and, ultimately, their owner. The eyes are priceless and deserve to be treated with care and respect, and that is as true for the adult of 80 as it is for the teenager of 18.

## FACT AND FICTION

### Five common eye myths dispelled

**Myth:** Doing eye exercises will delay the need for glasses.

**Fact:** Eye exercises will not improve or preserve vision or reduce the need for glasses. Your vision depends on many factors, including the shape of your eye and the health of the eye tissues, none of which can be significantly altered with eye exercises.

**Myth:** Reading in dim light will worsen your vision.

**Fact:** Although dim lighting will not adversely affect your eyesight, it will tire your eyes more quickly. The best way to position a reading light is to have it shine directly onto the page, not over your shoulder. A desk lamp with an opaque shade pointing directly at the reading material is the best possible arrangement. A light that shines over your shoulder will cause a glare, making it more difficult to see the reading material.

**Myth:** Eating carrots is good for the eyes.

**Fact:** There is some truth in this one. Carrots, which contain vitamin A, are one of several vegetables that are good for the eyes. But fresh fruits and dark green leafy vegetables, which contain more antioxidant vitamins such as C and E, are even better. Antioxidant vitamins may help protect the eyes against cataract and age-related macular degeneration. But eating any vegetables or supplements containing these vitamins or substances will not prevent or correct basic vision problems such as nearsightedness or farsightedness.

**Myth:** It's best not to wear glasses all the time. Taking a break from glasses or contact lenses allows your eyes to rest.

**Fact:** If you need glasses for distance or reading, use them. Attempting to read without reading glasses will simply strain your eyes and tire them out. Using your glasses won't worsen your vision or lead to any eye disease.



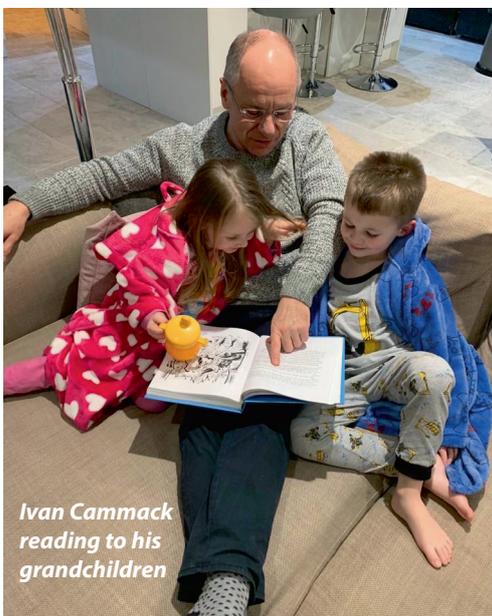
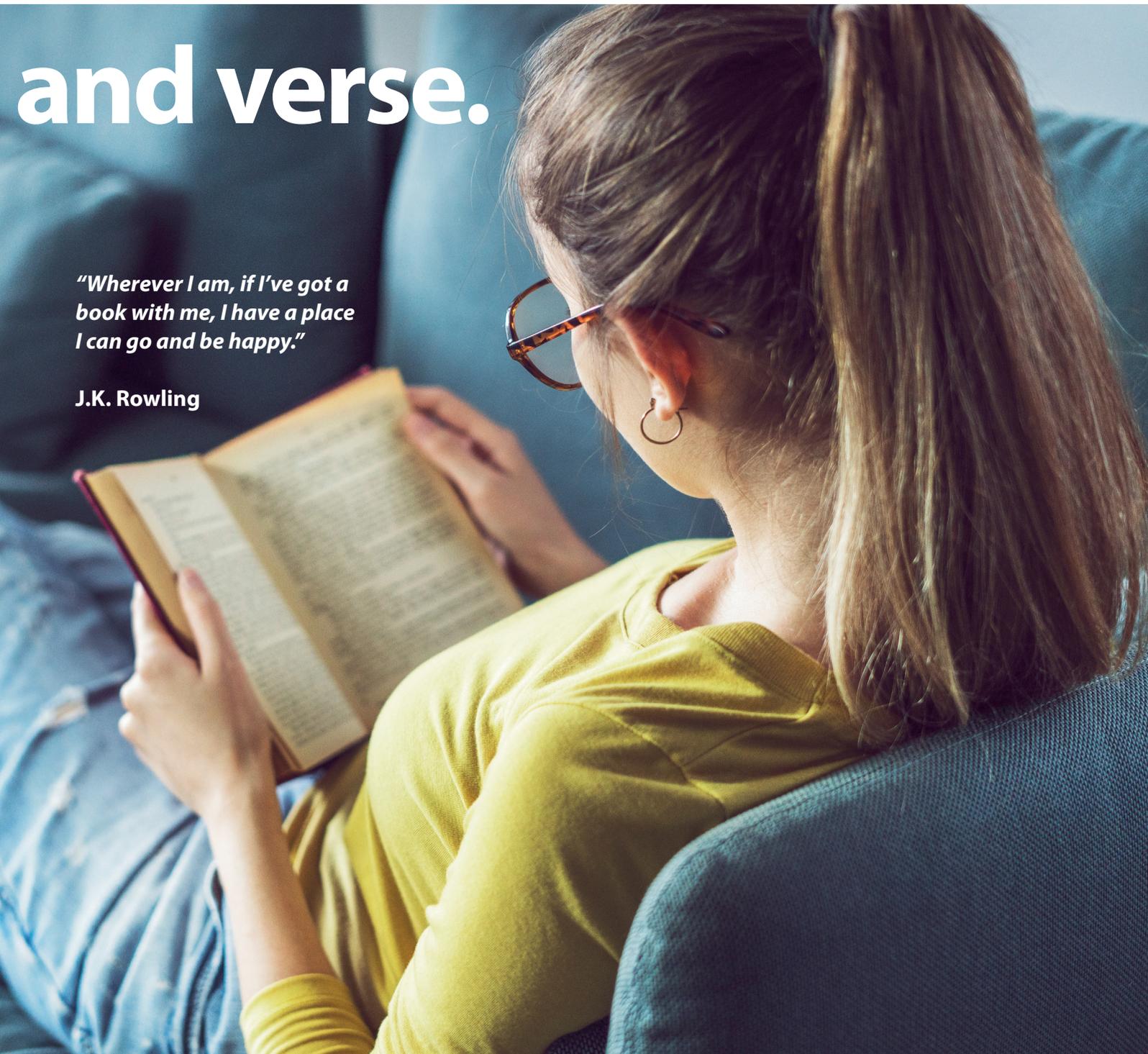
**Myth:** Staring at a computer screen all day is bad for the eyes.

**Fact:** Although using a computer will not harm your eyes, staring at a computer screen all day will contribute to eyestrain or tired eyes. Adjust lighting so that it does not create a glare or harsh reflection on the screen. Also, when you're working on a computer or doing other close work such as reading or sewing, it's a good idea to rest your eyes briefly every hour or so to lessen eye fatigue. Finally, people who stare at a computer screen for long periods tend not to blink as often as usual, which can cause the eyes to feel dry and uncomfortable. Make a conscious effort to blink regularly so that the eyes stay well lubricated and do not dry out.

# and verse.

*"Wherever I am, if I've got a book with me, I have a place I can go and be happy."*

J.K. Rowling



Ivan Cammack reading to his grandchildren

#### **ZEISS SmartLife Lenses.**

As you can imagine, Ivan R Cammack take the health of our eyes very seriously. This is why they invest in highly trained staff, the latest diagnostic equipment and the best eye care products available.

Zeiss SmartLife Lenses are an excellent example. These lenses are designed to cope with everything our eyes face today. Yet another new ZEISS innovation for optimised vision.

ZEISS SmartLife Lenses are specially designed to keep up with this fast-paced world. Taking our connected lifestyle, visual behaviour and age-related visual needs into account, ZEISS has designed a new and complete portfolio to give



effortless and comfortable vision in all distances and directions, regardless of age.

Before you pick up your paperback or Kindle, pick up the phone and book an eye examination with Ivan R Cammack.

#### **Ivan R Cammack (Thame)**

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