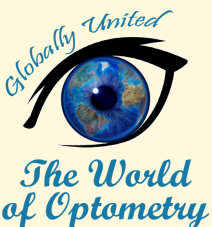


# TWOP Discussion

## NEONATAL LOW VISION PREVENTION



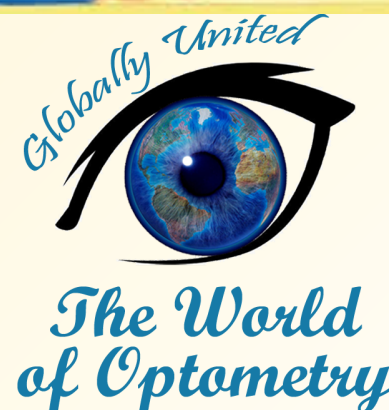
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# INTRODUCTION

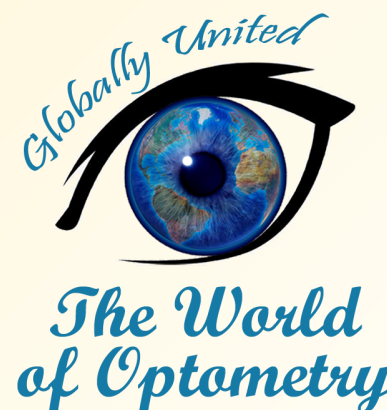
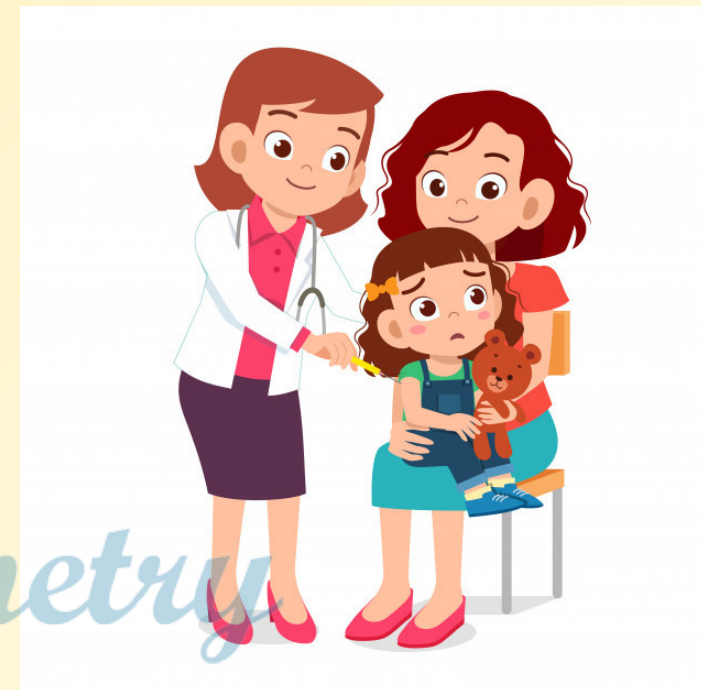
- The management of a patient with a sight threatening disease requires attention to all aspects of vision loss including their successful rehabilitation.
- It's fundamental for eye professionals to help patients with sight threatening diseases to deal with their fears about living with impaired vision at the time of diagnosis.



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# INTRODUCTION

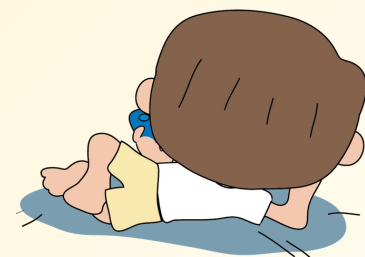
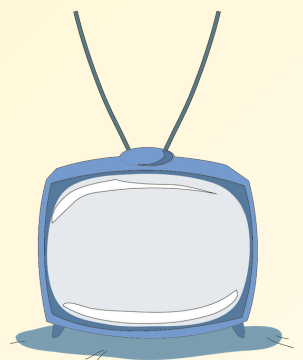
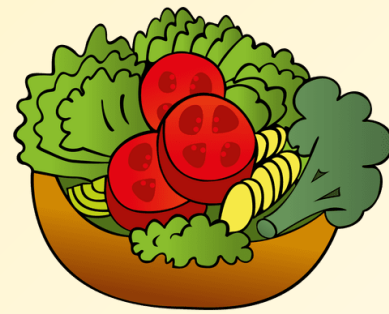
- Onset Preventive measures at an early stage in life as a form of reducing the risks of visual impairment possess a great deal of benefit to society as a basic mode of managing sight.
- With this in mind, it's important to educate parents/caregivers on healthy living as the initial eye care management to avoid or reduce future visual impairments



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# IMPORTANT FACTS

- **Diet:** Eat a normal balanced diet comprising of red and green leafy vegetables and fruits which are rich in carotene (A precursor of Vitamin A)
- **TV Viewing:** Watch TV at a proper viewing distance of 3.5 meter or more in a well lighted room
- **Computer Usage:** Computer screens should be slightly lower than the eye level. Consciously blink your eyes and give rest to the eyes at intervals



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# IMPORTANT FACTS

- **Playing games on the mobile:** Phones should be restricted because of the less form factor and the resolution.
- **Lighting:** Have a light source behind you while studying. Holding books at about 14 inches distance from the face.
- **Activities:** If you take an acting part in contact sports, use protective eyewear. Protective goggles are also recommended while swimming since they prevent inflammation due to chlorine and reduce the risks of eye infections.



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# IMPORTANT FACTS

- **Allergic Conjunctivitis:** Children should be discouraged from rubbing their eyes since it aggravates this allergic process. May cause secondary keratoconus and infections from dirty hands
- **Toys:** Discourage the use of toys with sharp and pointed edges for infants and toddlers as they can accidentally get injured.
- **Taboo and Jokes:** About spectacles should be discouraged. If your child needs glasses, he/she should be motivated to use them.



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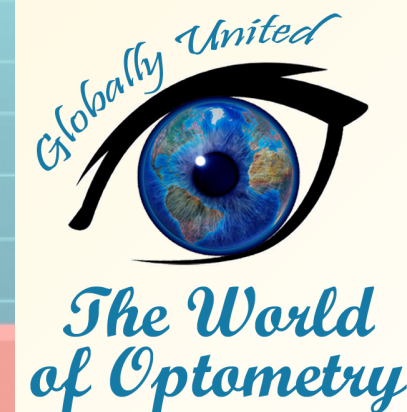
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DRAG TO THE SIDE  
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# ANNUAL EYE EXAMS

- Ensure you get regular eye examination so that you can catch eye problems early since poor vision directly affects learning.



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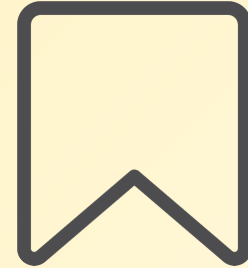
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