The eyes and eye health

Our vision is our most dominant sense. Without access to vision, everyday tasks such as reading, working, among others, can become much more difficult.

According to the World Health Organization (WHO), 2.2 billion people worldwide have some kind of visual impairment or blindness. At least half of these cases could be avoided or treated.

Habits to help take care of our eye health:

- Avoid scratching your eyes;
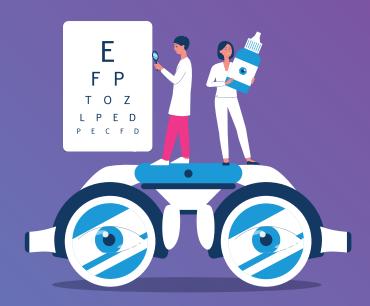- Regulate sugar levels in diet;
- Do not sleep with makeup on and choose hypoallergenic products;
- Wash your eyes well;
- Protect your eyes from direct contact with the sun;
- Eat fish and other foods rich in vitamins A, B, D, E and omega 3;
- Do not smoke.

In case of discomfort or doubts about eye health, seek an ophthalmologist.

What are the types of eye diseases?

The ones that do not cause visual impairments:

Blepharitis: inflammation of the eyelids near the base of the lashes;

Stye: caused by the inflammation of a plugged gland in the eyelid region;

Conjunctivitis: inflammation of the membrane that lines the inside of the eyelids and covers the white part of the eye.

The ones that can lead to blindness:

Cataracts: cloudiness in the lens of the eye that leads to a decrease in vision. The risk of developing cataracts increases with age;

Glaucoma: progressive damage to the optic nerve. Vision loss starts at the periphery of the eye and can progress into severe visual impairment;

Age-related macular degeneration: damage to the central part of the retina, responsible for detailed vision, which leads to dark spots, shadows and distortion in vision.