

If there is a history of glaucoma in my family, am I likely to inherit it?

If there is glaucoma in the family, you may be more at risk of developing it. Glaucoma can be treated effectively if it is diagnosed in time, so be sure to have regular eye tests.

Can I sleep in my contact lenses?

No, unless specifically told that you can by your eyecare practitioner. Sleeping in your lenses can be hazardous as it can lead to infection or damage to the cornea.

Does it matter what lens solution I use?

It is important that you follow the advice of your practitioner. Not every solution will suit

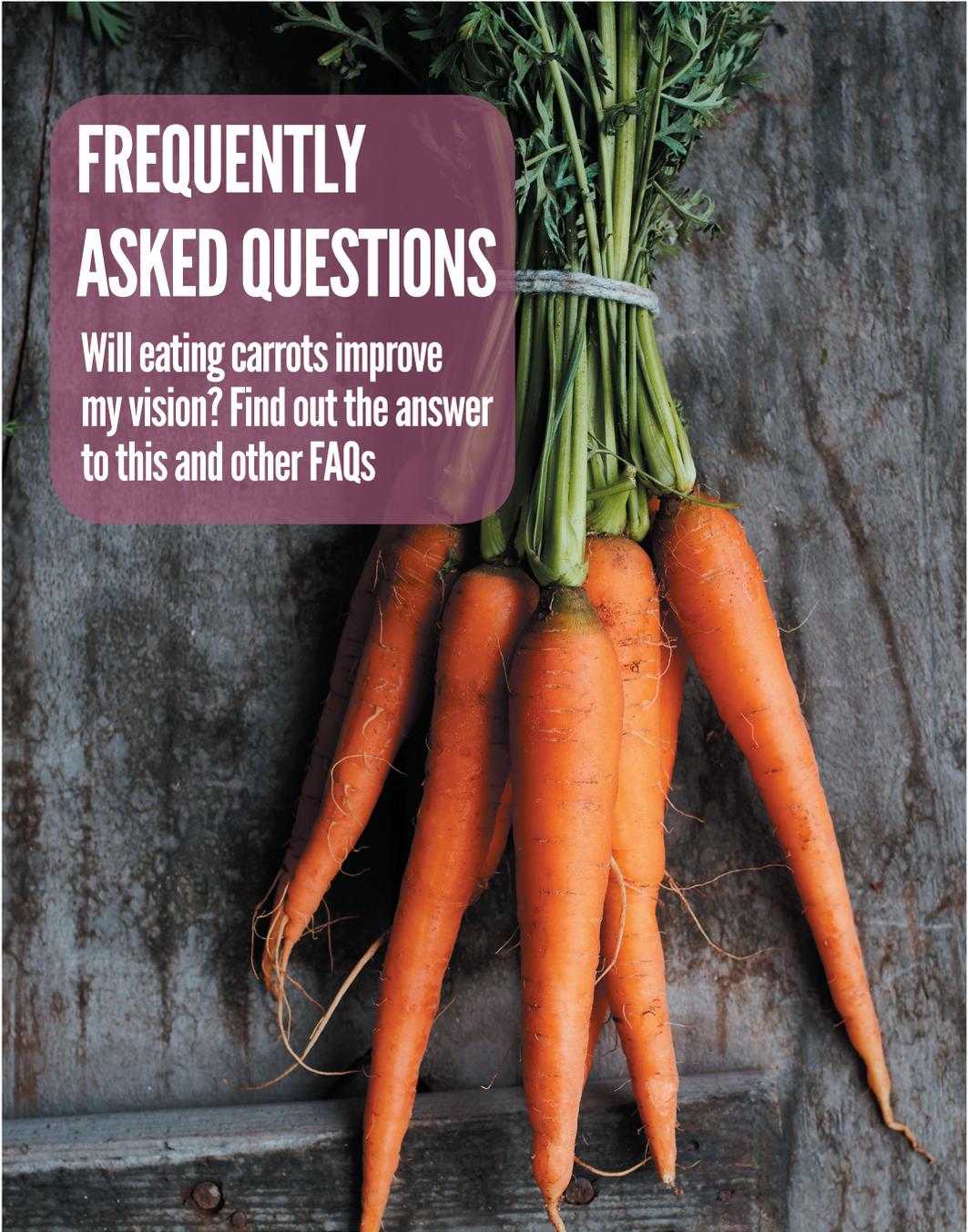
every contact lens. If you do change your cleaning system, always inform your eyecare practitioner.

I've been told that I can't wear contact lenses because I have astigmatism. Is this true?

There are many kinds of contact lenses available now which will correct astigmatism.

Will eating carrots improve my vision?

Although it's true that carrots are rich in Vitamin A which is important for a healthy diet and essential for sight so are many other foods. Foods containing eye-friendly nutrients include green leafy vegetables, oily fish such as salmon and citrus fruits.



**FREQUENTLY
ASKED QUESTIONS**

Will eating carrots improve my vision? Find out the answer to this and other FAQs

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**NATIONAL EYE
HEALTH WEEK**
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YOUR VISION MATTERS

We've answered some of your commonly asked questions about vision and eye health...

Is it true that wearing glasses all the time will make my eyes lazy and I will become dependent on them?

No. When people wear eyewear with the correct prescription they realise they can see more clearly and comfortably. What they may have considered normal before is now inferior by comparison. Your vision will naturally deteriorate as you age.

Is an optometrist the same as an optician?

The term 'optometrist' came into use in 1987

to replace 'ophthalmic optician' in the same way that 'pharmacist' replaced 'chemist'. An optician can be ophthalmic, dispensing or manufacturing; it is the optometrist who is qualified to test your eyes. Some dispensing opticians have extra qualifications that enable them to fit contact lenses and carry out certain clinical tests.

I'm diabetic. Does that make a difference?

Yes. Diabetes can cause severe problems with your sight. It is very important that your eyes are checked every year, preferably with drops to dilate the pupil, so that the retina (back of the eye) can be examined thoroughly.

How old does a child have to be before he or she can have an eye test?

Any age! A child does not need to be able to read

before they have an eye test. It's recommended that children have their eyes checked when they start school. If your local authority doesn't provide school entry vision screening make an appointment at your local opticians. Your optometrist will then advise when your child should have their eyes tested again.

Is it alright to clean my glasses with a paper tissue?

If you have plastic lenses in your glasses then dry tissues will scratch them. It is generally better to use a soft lint-free cloth. Glasses with anti-glare coatings should be cleaned with a special cloth and spray.

How long should a sight test take?

It depends on who the patient is. A young, healthy

person with no apparent problems will take about 20 minutes. Someone older, perhaps with high blood pressure, diabetes, glaucoma or other ailments can take much longer. The optometrist will determine what clinical tests are needed.

I think I have good sight, but I would like to have glasses as a fashion accessory. Would an optician be prepared to give me glasses that don't change my vision?

If you've had your eyes checked and they are as good as you think, then your practitioner will have no objection to you having plain or tinted lenses in a frame of your choice, or contact lenses that can enhance or change the colour of your eyes.