

Can You Read This?

Health is important at every age so, here at THETALK, our plan is to address key issues related to health and beauty. For this issue, THETALK will focus on vision. What risks and diseases to expect as well as offer surgical and non surgical solutions, as well as tips from experts at Royale Hayat Hospital.



Eye Health

If you're like most people in their 20s and 30s, you enjoy excellent vision. You might even be emmetropic – that is, your vision is naturally 20/20, and hasn't changed since you were a child. Or perhaps your 20/20 vision comes with the help of glasses or contact lenses. Regardless, if you're doing the right things to help maintain good health, your eyesight can stay at the same level for a decade or more. But why do you have good vision today and what changes, risks and diseases will you begin to see or be exposed to as you age? Here is what to expect:



1. Your Retina Becomes Less Light Sensitive

You will need more light to see as well as you did before. Eventually, you'll need vision correction.



2. The Eye's Lens Becomes Less Elastic

This makes it tougher for your eyes to focus. Reading glasses, bifocals or multifocal contact lenses will help you see more clearly.



3. The Eye's Lens May Become Cloudy

This makes it harder to see colours with the same vibrancy you once enjoyed. Contact lenses that correct for spherical aberration may help with this condition.

4. Diabetes and Your Eyes

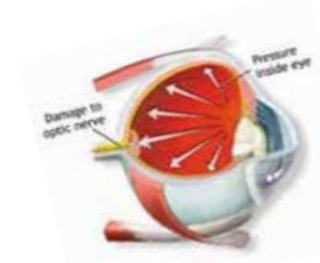
This painless condition has no symptoms until it becomes serious, but it can be controlled and treated and its progress can be slowed significantly if it's found before you experience vision loss.



5. Eyes May Feel Drier

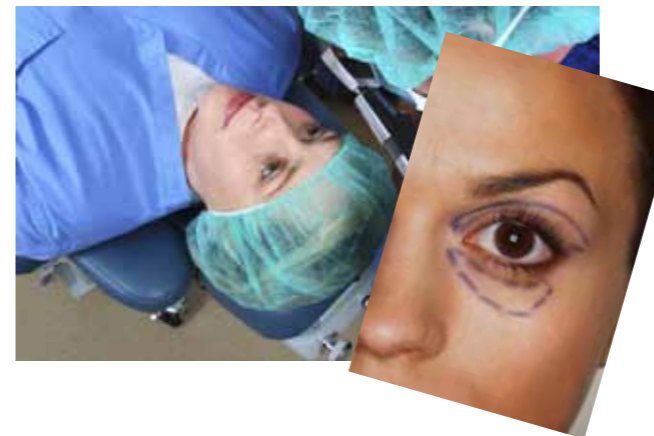
Artificial-tear eye drops that work like real tears to moisturize and alleviate the discomfort of dry eyes. If your job involves using a computer for hours at a time, you may be increasing the dryness through a condition called computer vision syndrome. Small changes in your work habits can provide some relief for this problem. This includes:

- Keeping your computer screen within 20"-24" of your eyes
- Keeping the top of your computer screen slightly below eye level
- Minimizing the distance between your computer screen and any documents you need to reference while working
- Using drops to soothe irritated, dry eyes
- Adjusting the light to minimize glare on the screen
- Taking a break every 15 minutes to focus on a distant object
- Blinking frequently



6. Loss of Peripheral Vision

Abnormally high pressure inside your eye can lead to glaucoma and it often has no symptoms until damage to your vision has begun, producing an experience called "tunnel vision."



Cosmetic Eye Surgery Solutions

"We can remove fat and excess skin and muscle from the upper and lower eyelids. For most patients there should be no complications, at least nothing more than slightly blurred vision and some swelling at the corner of the eyelids for a few days. The surgery itself is usually treated on an out-patient basis."

Dr. Sabreyah Al Saleh
CosmeSurge, Royale Hayat Hospital

1. Blepharoplasty for Droopy Eyelids (Ptosis), Puffy Eyes and Dark Circles

Blepharoplasty involves removing extra fatty tissue and excessive skin from upper and lower eyelids, as well as tightening skin and muscles to reduce puffiness and wrinkles. Other options include chemical peels, laser skin resurfacing procedures, certain cosmeceuticals (prescription skin products). Betty White, Cyndi Lauper and Janice Dickinson have undergone Blepharoplasty.



3. LASIK Surgery

LASIK surgery involves reshaping of the cornea of the eye to improve vision and correct common vision problems. Jessica Simpson, Nicole Kidman, Julianne Moore, Cindy Crawford, Reese Witherspoon, and Courtney Cox have all had the procedure.

2. Botox

Botox is used to treat eye muscle problems (strabismus) and uncontrolled eyelid twitching (blepharospasm). Kim Kardashian and Kylie Minogue, Madonna and Tori Spelling are just a few of the Hollywood stars to get Botox around their eyes.

