

Common eye problem early symptom

Safe Eyes: Don't miss these symptoms

Good vision is one of the most vital faculties needed to interact with the world and enjoy its beauty. It is important to be aware of any changes in your vision or deterioration in eye health. Early detection and treatment can often correct or reduce vision loss and slow down the progression of diseases.

Common Issues and Treatment:

Issues	Treatment
<p>Refractive errors: Blurred vision, difficulty in focusing, eye strain, and headaches</p>	<ul style="list-style-type: none"> ● Eyeglasses or contact lenses are a common and effective way to correct refractive errors. ● Laser eye surgery could help reshape the cornea for improved light refraction ● Intraocular lens surgery to replace the natural lens with an artificial lens, correcting refractive errors
<p>Dry eyes: Low-quality tears, redness, aching, and burning sensation.</p>	<ul style="list-style-type: none"> ● Regularly practicing blinking exercises can aid in distributing tears evenly and preventing tear evaporation. ● Tear eye drops are often the first line of treatment. These lubricating drops provide temporary relief from dryness and irritation
<p>Cataract: Cloudy vision, sensitivity to light, trouble seeing at night. Seeing objects in faded or yellow color.</p>	<ul style="list-style-type: none"> ● Surgery involves removing the clouded lens and replacing it with a clear artificial lens. ● The artificial lens, called an intraocular lens, is positioned in the same place as a natural lens. It will remain a permanent part of the eye.
<p>Glaucoma: There are often no symptoms and is called “silent thief of sight”. You may get blind spots, redness, and headaches, but mostly after some damage has been caused. An ophthalmologist will detect during regular eye examination</p>	<ul style="list-style-type: none"> ● Prescription eye drops to decrease fluids and increase drainage to improve eye pressure. Glaucoma is a lifelong condition, you may need to use daily eye drops for life. ● Laser therapy and surgery may be recommended to help reduce eye pressure.

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Diabetic Retinopathy: Spots or floating strings in your vision, poor night vision. The colors seem washed out.	<ul style="list-style-type: none">● Treatments include injections or medications into eye and laser surgery.● In mild cases, no specific treatment may be necessary, but regular eye exams are essential to monitor the condition.
Age-Related Macular Degeneration (AMD): Blurred or distorted central vision, difficulty in recognizing faces, and straight lines appearing wavy.	<ul style="list-style-type: none">● Depending on the disease type, treatments include nutritional supplements, medications, photodynamic therapy (PDT), and laser therapy.
Conjunctivitis (Eye Flu): Swelling of eyelids, redness, itchiness, yellow or watery discharge.	<ul style="list-style-type: none">● Keep eyes clean● Consult a doctor for eye drops● Regular warm compressions can help alleviate pain and help lubricate the eyes.● Avoid using home remedies. Do not use contact lens

Disclaimer: Please consult your ophthalmologist before following any treatment.

To know more:

- [What are the good habits for better eyesight](#)
- [Tips to maintain good vision and healthy eyes](#)
- [Daily eye exercises](#)

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