

If you do change your cleaning system, always inform your eye care practitioner.

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.

Does keeping your blood pressure in check help you eyes?

High blood pressure can affect your eyesight and lead to eye disease. Hypertension can cause damage to the blood vessels in the retina, the area at the back of the eye where images focus.

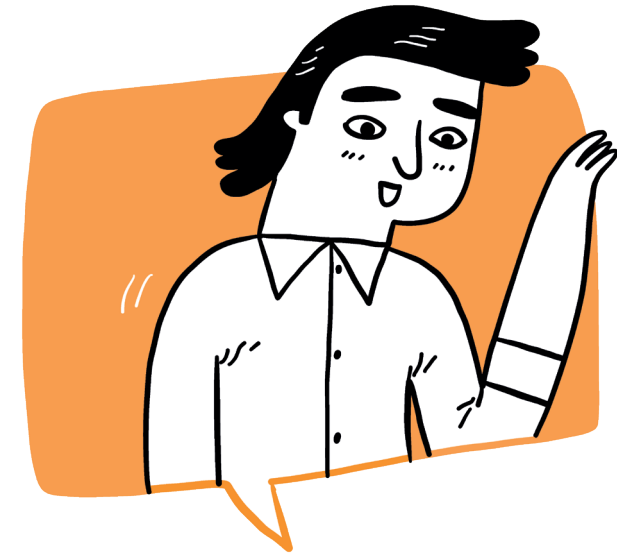
Will using old mascara harm my eyes?

The Cosmetic, Toiletry & Perfumery Association stipulates that cosmetic products must show a 'period after opening time'. This relates to the amount of time that the product will remain in good condition after it has been used for the first time.

Adhering to the 'period after opening times' will help avoid the risk of suffering eye irritation or infection caused by micro-bacteria growing on your cosmetics.

The amount of time a product will remain in good condition varies but a general rule of thumb, mascara and liquid eyeliner will last three to four months; creamy eye shadow around six months, and, powder eye shadow about 12 months.

Review date: Sept 2023



FREQUENTLY ASKED QUESTIONS

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

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 eye wear 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'd 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.

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 eye care practitioner.

Sleeping in your lenses can be hazardous as it can lead to infection or damage to the cornea.

Does it matter what contact lens solution I use?

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