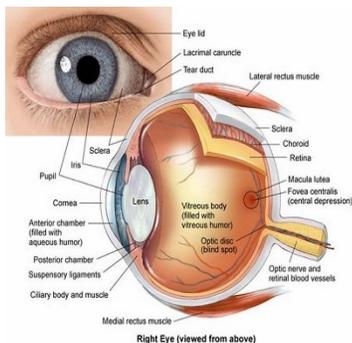


## Eye Health

The eyes help us experience life and are the basis of the sense of sight. For vision to occur, processes in the eyes, brain, and nervous system are activated. For this reason, it is one of the most delicate and complex functions of the body. With the information that the eyes process, it is possible to know the size, shape, color, and texture of an object; and prevent if an object is near, far, still or moving. For this and many other reasons it is important to maintain visual health.

### Eye parts



The eyes are located in a bone cavity and are supported by 6 muscles that are responsible for their movement (up, down, to the sides, and in a circular way).

Towards the outside of the eye, the cornea (transparent part in front), the iris (colored part), the pupil (black hole in the center) and the sclera (white part of the eye) are observed. In the inner part of the eye is the lens (which changes shape to help focus images), the retina (responsible for being sensitive to light), the macula (which provides the details of the image) and the optic nerve (which is made up of millions of nerve fibers that transmit these impulses to the brain so that vision can happen). Each eye is protected by the eyelids, eyelashes, and tears (which are responsible for naturally lubricating them).

### Most common eye conditions

Some of the eye problems may be minor, however, others could put your vision at risk. Among the most frequent conditions in sight are the so-called refractive errors (seeing blurred images and not being able to focus). Some of the most frequent diagnoses are myopia, hyperopia, presbyopia, and astigmatism. These visual problems are classified as mild and can be treated with glasses, contact lenses and in some cases, surgery is need it.

Also, there are other conditions that can put your vision at risk, such as: cataracts, glaucoma, retinal diseases, macular degeneration, and conjunctivitis. Some of these can be the result of a previous condition, such as diabetic retinopathy (which is caused by diabetes), and others caused by infections or allergies such as conjunctivitis.

### Pay attention to the following symptoms

In early stages, eye conditions do not usually present symptoms, however, as they progress, the following could develop:

- Burning
- Secretions in the eyes
- Sensation of having something in the eye
- Glare sensitivity
- Vision that is cloudy, blurry, or changes from blurry to clear
- Double vision
- Difficulty differentiating between outline, background, and shadows
- See glow around lights
- Difficulty seeing at night or in poor lighting
- Noticing that colors look dim or dull
- See floating spots in the eyes
- See dark or blank areas in the field of vision
- Sudden and intense pain in the eyes
- Have frequent eyeglass prescription changes



## Diagnosis

It is recommended that anyone experiencing any of the above symptoms visit their optometrist for a general vision check-up. Depending on the findings, you may need to be evaluated by an ophthalmologist, retinologist, or another eye specialist.



## Treatment

Once the diagnosis is established, the doctor will be able to determine the appropriate treatment to follow. In some the problem can be treated with glasses or lenses, in other cases surgery, laser therapy, injections, medications or a combination of several may be necessary.

## Recommendations for maintaining eye health

- Get an eye exam at least once a year.
- Use protective equipment for your eyes such as safety glasses, tinted glasses and screens or lenses that protect you from blue light and UVA and UVB rays.
- If you spend a lot of time staring at your cell phone or computer, include breaks of at least 20 seconds every 20 minutes.
- To prevent infection, wash your hands and your contact lenses or glasses often.
- Integrate foods such as carrots, green vegetables, and fish high in Omega 3 such as salmon, tuna, and grouper into your meals.
- Control your glucose, blood pressure and cholesterol levels.
- Avoid alcohol and cigarettes.
- Integrate at least 30 minutes of physical activity a day.



## Social and Emotional Aspect

For recommendations, tools, and resources on how you and your family can deal with the emotional and physical concerns that arise during and after your medical treatment, please visit your primary care physician or contact the following phone lines:

### Medical Advice Line

1-844-347-7801

TTY/TDD 1-844-347-7804

### APS Healthcare

787-641-9133

### References:

- [https://medlineplus.gov/spanish/ency/esp\\_imagepages/8867.htm](https://medlineplus.gov/spanish/ency/esp_imagepages/8867.htm)
- <https://www.aaopt.org/salud-ocular/anatomia/partes-del-ojo>
- <https://www.nei.nih.gov/learn-about-eye-health/en-espanolx/ojos-sanos/consejos-simples-para-tener-ojos-sanos>
- <https://kidshealth.org/es/parents/eyes.html>
- <https://medlineplus.gov/spanish/eyediseases.html>

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