

Your Vision

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Contents

Are Contact Lenses Right for You?
Color Blindness: Causes and Types
Common Eye Ailments You May Be Able to Care for at Home
Eye Care Is about More Than Just Your Eyes
Fashionable Contact Lenses
Funky Facts: All about Eyes
Is Laser Surgery Right for You
Top Tips on How to Make Eyeglasses Fashionably Work for You
Vision and Aging
World Sight Day: Celebrate Healthy Vision

Are Contact Lenses Right for You?

If you are an eyeglass wearer, chances are that you have considered switching over to contact lenses. However, you may be concerned about the negative aspects of wearing contact lenses besides only the positives.

There are many good reasons to switch over to wearing contact lenses and they may be just the right choice for you.

As any eyeglass wearer knows, there are a few nuisance values to wearing eyeglasses. For example, eyeglasses are easily lost and can break. Eyeglasses, for the most part, are covered by insurance companies on a scale of something like one pair per year. If you damage or break or worse yet, lose your eyeglasses, you are at risk of having to tape them up or waiting until your next calendar year to purchase a new pair.

Looking for your eyeglasses may seem like an age-old joke, but it is not funny when you really need them the most and simply cannot remember where you have put them.

On the positive side, eyeglasses have come a long, long way as far as fashion is concerned. There are so many pretty, stylish types of frames, that eyeglass wearing has become somewhat more of a fashion statement besides being a necessity.

Contact lenses have many upsides and downsides as well.

On the obvious end, contact lenses offer support for the following:

- * Near-sightedness

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- * Far-sightedness
- * Astigmatism
- * Presbyopia

Of course, there are also other benefits that are not only visually related. For example,

- * You can wear contact lenses during sporting activities, which is not often possible with glasses.
- * Contact lenses allow you to see better without having to worry about how you look in glasses. They can be more of a fashion statement because they are not obvious.
- * Self-esteem and image are also important factors to consider, especially for teens or pre-teens.

On the downside, contact lenses are something that needs time to get accustomed to, especially in the beginning. Contact lenses are easily dropped and lost and can sometimes cause difficulty if they move or shift. Sometimes debris can get underneath the lens and irritate the eye and the wearer.

In addition, contact lens wearing consists of traveling with extra lenses if available and eye solution, as well as a carrying pouch. If you forget this important factor while traveling, you are at a serious disadvantage.

In order to decide whether or not contact lenses are right for you or not, speak with your eye doctor. Moreover, speak to others who have tried the contact lens route and the eyeglass route and see overall who prefers what in your circle of friends and family.

It is always great to get some input from others, especially when it comes to matters as important as your eyesight.

Color Blindness: Causes and Types

While most of us probably do not blink an eye at the thought of our daily vision, there are other individuals who suffer from a variety of visual ailments, such as blurry vision or color blindness.

Most of us do not even think about what it would be like to be color blind, even though we hear about this expression all the time.

What Is Color Blindness?

Color blindness typically affects more men than it does women and is something that is usually genetically passed down. Most individuals that are color blind can see clearly; however, their ability to see certain colors is impaired.

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Imagine a world wherein the colors red, green, or blue are not highlighted for you. This is typically what a color blind individual deals with. These hues are not as apparent for them as they are for other individuals.

That means green grass may show up as a pale hue as opposed to the beautiful bright green that it is.

Red, green, and blue are the colors that color blind people typically cannot see fully. Red/green color blindness is usually what most color blind individuals are afflicted with, as well.

These individuals have difficulty with colors that have the red/green hue to them. Blue and purple are also easily confused due to the fact that the red in the purple is unrecognizable.

Types, Diagnosis, and Treatment

While there are several types of color blindness, the best way to diagnose it is to have an examination with your optometrist. An optometrist can perform a color vision test, especially if you have a child that you suspect to be color blind.

There are several tests to measure impairments with color vision and your optometrist will be able to guide you further along the way. The most common test is the test utilized to detect red/green color impairments and defects in your vision.

There is typically no substantial treatment for color blindness. Sometimes visual problems occur due to simple aging, the use of medication, or an eye injury; treatment, if any, would depend on the cause.

If a cataract, for example, causes color blindness then removing the cataract would most likely treat the symptoms.

Colored contact lenses or filters and special glasses that will aid in blocking glare may be a temporary aid; however, some individuals feel that these aids do not offer much assistance.

Therefore, if you think that you or a child in your family may be affected by color blindness, it is important to get tested as early on as possible. Passing this information on to the important people in your child's life is what can make their lives more successful.

Common Eye Ailments You May Be Able to Care for at Home

As our eyes are so important, it is always best to seek advice and counsel from a

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trained doctor in the area of eye care and vision. However, the ailments listed below may be simply treatable at home.

The Common Sty

While a sty may be all too common, it is equally as much of a nuisance. It is typically an inflammation where one of the glands of the eyelid has become infected.

A sty usually resembles a pimple on the eyelid and can irritate quite a bit. Sometimes a sty is so big that it can give the appearance of a closed eyelid.

Typically, hot compresses several times per day for a few days will clear up any issues stemming from a sty. If it does not clear within a few days, an antibiotic may be necessary.

Dry Eye

When tears do not flow properly, the eye is deprived of many natural and necessary ingredients such as:

- * Water
- * Oil
- * Moisture
- * Lubricants

Dry eyes may occur when there is an improper balance of the tear duct system. Itching, burning, redness, as well as a feeling of something being in the eye could all be as a result of dry eyes. Sometimes the body's natural response to dry eyes is to send more tears; however, this is counter-productive as those tears may be lacking in moisture, proteins, and lubricants to get rid of dry eyes.

Factors such as aging or medication are possible contributors to dry eyes. Sometimes high heat and low humidity settings are responsible, and lowering the thermostat and producing more humidity in your home may alleviate symptoms of dry eyes.

Also, there are over-the-counter lubricants which may assist in effectively healing dry eyes, at least until you can get to see your doctor.

Something in Your Eye

We all get something in our eyes from time to time and this can be irritating, at best. Try blinking several times to see if you can move the foreign substance down into your field of vision so that you may remove it manually. Sometimes an eyelash can feel like a log when it is in your eye.

An eye wash with an eye cup found over the counter, water, your clean finger or an eye irrigating solution are all options to try to remove something from your eye.

Always be careful to use clean items when coming into contact with your eye and try not to scratch your cornea. This can feel like something major is in your eye until the swelling comes down.

If you are not able to see a change within a short period of time with these eye ailments, medical advice from a doctor is always recommended.

Eye Care Is about More Than Just Your Eyes

Why is it important for you to get an eye exam even if your vision is perfect or near perfect? There are several reasons to get an eye exam that have more to do with the rest of your body than just your eyes.

There are many health issues that can affect your eyesight:

- * High blood pressure
- * Diabetes
- * High cholesterol

Moreover, these health issues may be detected earlier by having an eye exam. Of course, there are also health issues related to the eye that you would want to know about.

Glaucoma

Glaucoma is an eye disease that causes damage to the optic nerve in the eye. This optic nerve carries information from the eye to the brain. When pressure is higher than normal inside the eye, glaucoma is the result.

Since symptoms do not typically appear until some damage or loss of sight occurs, it is very important to see your eye practitioner for regular exams where intraocular pressure is measured. There are several different types of glaucoma, as well as treatments, and even preventative measures.

Cataracts

A cataract is another form of eye disease. Here the eye develops a cloudy film which inhibits light passing into the retina. Cataracts typically form as you age when dead cells shed and form cloudy spots on the lens.

Surgery is necessary to remove the cataracts and it is a very common procedure today. There are several types of cataracts and they are treatable. The best defense against cataracts is to have regular eye exams to monitor them.

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Macular Degeneration

Macular degeneration is typically the number one cause of vision loss and/or blindness in persons who are aged 65 and over. When the macula, the part of the eye responsible for sharp vision, deteriorates, central vision loss may occur.

Having a retinal exam and performing a test to measure your central vision is crucial to detecting if macular degeneration is an issue.

While there may or may not be signs or symptoms to any or all of these eye diseases, there are certainly ways to improve your sight or minimize these eye diseases.

For example, the following may be ways to improve your eyesight and be beneficial for your overall health, as well:

- * Cardiovascular activity
- * Eating healthy
- * Regular exercise
- * Taking vitamins

These activities will also keep things such as high blood pressure and high cholesterol at bay, which, in turn, may just safeguard not only your health, but your vision as well.

Fashionable Contact Lenses

While some individuals are still trying to decide whether or not contact lenses as opposed to glasses are the right choice for them, others are already exploring the idea of fashionable contact lenses.

Fashionable contact lenses are pretty much exactly what they sound like – contact lenses that are merely used for fashionable statements.

You should consider many things before purchasing fashionable contact lenses. As with anything else you would put in or near your eyes, you need to gather as much information as possible to ensure your visual safety.

While the upside to fashionable contact lenses is that you can make a really cool statement or change your look to match your fashion, it is necessary to be aware of the downside as well.

Typically, fashion contact lenses do not have anything to do with corrective vision, rather they are a fashion statement.

Purchasing Fashionable Contact Lenses

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The term “buyer beware” certainly does apply to anyone, anywhere who is selling fashionable contact lenses but is not a professional. An ophthalmologist or optometrist is your best and only safe bet to purchase these types of lenses.

There are some not-so-serious and some very serious side effects to purchasing them from let's say a drug store or from a craft market.

- * Pink eye
- * Infection
- * Scratched cornea

These are just to name a few. Improper use without a prescription and the knowledge on how to clean and place these fashionable lenses can cause serious damage to your eyes.

Safety Tips for Fashionable Contact Lenses

If you do decide to purchase fashionable contact lenses, make sure that you follow safety rules in doing so:

- * Seek out the advice of a professional
- * Make certain that you have a prescription
- * Ask questions if you are unsure about the care and handling of your lenses
- * Make sure to properly clean the lenses
- * Take the time and trouble to go for an initial exam and follow-up exam with your eye practitioner

If there is any kind of problem, even if it seems mild at the onset, seek out the aid of your eye practitioner. Whether it is redness, irritation, or blurriness, your eyes could be at serious risk if you do not reach out and ask for help immediately. It is imperative to be diligent with eye care.

If you follow these safety tips and keep in close contact with your eye practitioner, fashionable contact lenses can be a fun and innovative way to change your look, give your self-esteem a little boost, or simply have fun while everyone asks you if you have done something different.

Funky Facts: All about Eyes

While most of us go through our day not even thinking about our eyesight or even our eyes, there are many facts about our eyes that may prove interesting.

It is probably even safe to say that some of us may not even blink about the fact that we have healthy eyesight or that this could change at any given moment. For most of us,

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eyesight deterioration is something that we think of as affecting older folk.

For example, did you know that eyesight deterioration is something that is preventable? There are many ways to downplay vision issues. Of course, these are also related to overall health and wellbeing of your body. However, if you take care of your body by eating right, exercising, and resting, you will also lower your chances of high blood pressure and high cholesterol.

What do these have to do with healthy vision? Well, if you have lower blood pressure and lower cholesterol, you are more likely to have healthier vision as well, according to recent studies.

So, how about those fun facts all about eyes:

- * The average individual blinks about once every ten seconds.
- * The typical blink lasts about 1/10th of a second.
- * Blinking is a necessary function of the human body to clear and keep debris away as well as to keep eyes moist and lubricated.
- * A new baby does not produce tears until approximately one month old.
- * Many individuals are born with two different colored eyes, known as heterochromia. Some people have one eye a completely different color or it can show up as an iris with a slightly different color as compared to the rest of the eye.
- * Lighter colored eyes can show up at any time in later generations – this is a good thing to know if both parents have darker colored eyes as it will answer any questions jokingly put forth.
- * For individuals with lighter colored eyes, the ability for eyes to adapt to clothing or lighting does exist. For example, if you are green eyed, there is a chance that your eyes will appear bluer if you are wearing a blue shirt.
- * The quickest and most used muscle in the body is in the eyes.
- * About half of the brain is necessary for seeing.
- * Many individuals cannot help but sneeze when they are exposed to light in their eyes.
- * It is just about impossible to sneeze with your eyes open.

These are just some of the fun facts about your eyes that you may or may not have known.

Is Laser Surgery Right for You

While there are many options and possibilities for correcting your eyesight, laser surgery may be one that you have not considered. The word surgery tends to put many individuals off, without considering whether this type of vision correction is right for them or not.

There are several things you need to know about laser surgery before writing it off as not being an option.

There are three basic reasons to consider laser surgery:

- * Near-sightedness
- * Far-sightedness
- * Astigmatism

Laser surgery is pretty common and popular these days. Most individuals find success after opting for laser surgery. Laser surgery works to correct the shape of the cornea so that light traveling through can successfully reach the retina.

There are many benefits to laser surgery:

- * Since the eyes are made numb with drops, pain is not as much of a concern as other types of surgery
- * Laser surgery corrects these visual issues at more than 90 percent success rate
- * There is little to no recovery time for laser surgery
- * You may get to wear your glasses less if you opt for laser surgery – this is huge for eyeglass wearers who find that this is a nuisance

While there are many benefits to laser surgery, there are some downsides that you need to be aware of as well:

- * Any change made cannot be reversed after laser surgery
- * As with any type of surgery, there is always a risk involved such as infection or problems that may adversely affect vision

There are also some possible side effects relating to vision that you may need to be aware of such as:

- * Glare
- * Halos of light
- * Night differential
- * Dry, irritated eyes

Of course, as with any surgery or procedure the best way to get all your information is

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to speak with a specialist in the area of vision. Speak to others who have had this type of surgery and ask around as to what the benefits and downsides were.

Being informed is the best way to make a decision about something as all-important as your vision. There are several factors to consider:

- * Getting a recommendation from a friend or family member
- * Getting a second opinion
- * Doing your research
- * Asking questions and asking some more questions

If you make the choice to have laser surgery done, make sure to follow your doctor's instructions and more importantly make sure that you have a good support team of family and friends behind you.

Check with your doctor as well. He or she may change your medication a few days prior to surgery and may need to clear you for medical procedures such as this.

Once you have asked your questions, done your research, and spoken to friends, family members and other professionals as well as your family doctor, chances are that you are in a better position to make an informed decision.

Top Tips on How to Make Eyeglasses Fashionably Work for You

Have you just been told that you need to wear glasses and are in a little bit of a funk because of it? You are not alone in needing glasses. Just about everywhere you turn, someone is either sporting glasses or wearing contact lenses.

Once you have gotten over the fact that your vision may not be perfect, try these few tips on how to create it to show up to your advantage.

Have Fun with Frames

For many individuals, having to wear glasses may seem like a daunting experience. However, times have changed. No longer are the days of having someone call you "four eyes." Eyeglasses have become a fashion statement.

Many individuals purchase informal eyeglasses and sunglasses in places such as pharmacies, craft fairs, and flea markets.

With so many designs, styles, and even designer label brands, wearing glasses is something to celebrate and have fun with as well.

Just think of it as a fashion accessory and a reason to go shopping to boot. Some individuals will purchase different frames for different occasions, depending on cost.

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Therefore, just changing your way of thinking about having to wear glasses is the first step.

Shop Around

Treat buying your new frames the same way you would treat shopping around for a new dress. Look at all the different styles, grab a friend, and go to different stores.

Keep in mind that the prices of the frames will vary. If you are determined to get a designer pair, be prepared to pay. Most insurance companies will allow you a certain allocation toward glasses and the rest is up to you. They may even restrict you to a small selection of frames in a particular category.

Make sure you are informed before you go out shopping for frames. While it can be a whole load of fun, being informed never hurt anyone – especially when it comes to spending money.

Figure Out Your Face Shape

Take some time to look in the mirror and do a little research online before you go shopping. There are certain types of frames for all shapes and size faces. Some individuals have an oval shape face while others fit more into the square category.

If you have shorter hair as compared to longer hair, this may make a difference as well. Narrow set eyes and wide set eyes will look differently with different frames.

Last, but not least, decide on what kind of look you are going for – is it fun and funky or intellectual and brainy?

With these few tips to start you out with, purchasing eyeglasses can be fun and fashionable.

Vision and Aging

One of the most significant changes for an elderly person is the change to their eyesight. This can be the most devastating effect of aging. Loss of vision equates to loss of freedom and can lead to depression, too.

The elderly can suffer great losses as they age – loss of freedom, loss of family members, mobility, friends, and independence. And close to 20 percent of the aging population suffer from some type of vision problem. Common problems include:

Cataracts - Cataracts can cause blurry vision, which, in turn, can cause difficulty reading and writing.

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Macular Degeneration - Macular degeneration impacts millions of people annually.

Glaucoma - One of the effects of glaucoma is that individuals can only see what is directly and absolutely in front of them. This causes them to have to turn and face something that is to their left or right in order to see it.

Diabetic retinopathy - Diabetic retinopathy causes tiny blind spots, which will in turn distort vision. This can change from one day to the next with regular vision to impaired vision on any particular given day.

There are many adverse effects to impaired vision:

- * Inability to read
- * Inability to drive
- * Difficulty in mobility
- * Trips and falls
- * And even difficulty recognizing a familiar family member's face

There are many tools to aid in assisting the elderly with their vision loss, as well as types of medication to keep pressure in the eye down or at least stable. In addition, there are some types of surgery that can improve vision.

Assistive devices that can aid with an elderly individual's loss of vision include:

- * Magnifiers
- * Voice activated caller id
- * Voice activated watches
- * Larger print for crossword puzzle books, books, and magazines
- * Audio books
- * Braille software

Along with these visual aids, sometimes an elderly person needs mobility assistance due to loss of vision such as:

- * Canes
- * Walkers
- * Scooters
- * Grab bars for bath and shower

Of course, preventative steps to ensure healthy vision is the best choice. It is best to maintain healthy vision with proper eating, regular exercise (studies are beginning to show that cardiovascular exercise assists in this area), and regular eye exams.

It is also important to understand that vision loss has a direct impact on mood in elderly individuals. Vision loss means loss of freedom and independence and family members and friends need to be sensitive to this fact.

Scheduling visits with an elder, having them join in social activities in the community in their place of worship, a nursing home, or senior center are all excellent ways to make them feel part of something and still viable and useful as human beings.

World Sight Day: Celebrate Healthy Vision

If you think you do not need to be aware of the health of your vision now while you are still young enough to take care of it, think again. You do not have to wait for a problem, illness, or issue to arise before taking care of your visual health.

There are many ways to be proactive with your visual health:

- * Eating a healthy diet
- * Taking vitamin and mineral supplements
- * Having regular eye examinations
- * Doing cardio vascular exercise and activity

Cardiovascular activity has been shown in recent studies to be an active form of decreasing visual disease.

However, while these may all seem like chores or a little bit daunting, there is also a fun and creative way to celebrate and practice healthy vision – World Sight Day.

World Sight Day occurs every year on the second Thursday of October. It is a global event that promotes the importance of healthy vision with a hope for individuals to be more proactive on a grander scale when it comes to healthy vision.

Raising awareness on visual impairment and blindness is the number one goal of World Sight Day.

There are many serious ways that World Sight Day is celebrated. For example:

- * Individuals as well as organizations try to raise awareness to the public
- * Individuals and organizations persuade governmental and health facilities to allocate funds toward blindness prevention
- * Agencies partake in educating those who may be at risk for vision impairment or blindness and how to take preventative action

Also, there are many creative ways that World Sight Day partakes in educating and making vision and blindness awareness fun and interactive.

- * Walks to raise funds for blindness awareness
- * The planting of trees
- * Fun apps that take photos of your eyes and for each one, a donation is made on

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behalf of a major corporation involved in vision impairment and the treatment of blindness

- * Cocktail parties to raise funds for awareness
- * Fundraisers with all sorts of giveaways and fun

So, while you may never even think about your vision and how quickly you may lose some of your visual field or, worse yet, face blindness, World Sight Day may be just the thing to bring this important notion to the forefront of your mind.

World Sight Day is not only a national day of celebration; it is a global day of celebration. It celebrates the gift of vision, how to protect it, and how to take preventative measures, as well as find cures and provide funds for those already afflicted.

Take a moment to mark your calendar or set a reminder in your phone to celebrate the next World Sight Day, get yourself a visual field check-up, and be proactive in your visual health and wellness.

Eye Vision Info Resources

[Eye Exercise Secrets](#) - Improve Your Vision Naturally In Minutes A Day

[Read Clearly Naturally](#) - Throw Away Those Reading Glasses

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