

## Re: OWSD Health Talk - QUESTIONS FOR THE OPHTHAMOLOGIST

### Background

The Organization for Women in Science for the Developing World (OWSD) formerly known as the Third World Organisation of Women in Science (TWOWS), FUTA Chapter in collaboration with the Centre for Entrepreneurship and Gender Issues in Science and Technology (CEGIST), FUTA organised a programme to mark the Second anniversary of her inauguration tagged “**The Career Woman and her Health**”. The programme took place at the Hilltop Auditorium on Wednesday 17<sup>th</sup> October, 2012. Participants raised a number of questions on the two invited lectures: 1) “**CANCERS THAT AFFECT WOMEN**” by Dr. (Mrs.) Irinyenikan. T. A. (consultant obstetrician and gynaecologist) and “**CARE OF THE EYE**” by Dr. (Mrs.) Stella Adegbehingbe (consultant ophthalmologist). The following are highlights of Questions and Answers during one of the interactive sessions after the presentation.

1. If one is having regular and severe headache causing eye ache which affects the ears and the nose. What can I do or use?  
**Ans:** You need to have a comprehensive eye examination by an eye medical doctor (Ophthalmologist) and an ear, nose and throat (ENT) surgeon. Do not ever self medicate.
2. My forehead always aches me seriously even with the use of glasses. What is the cause?  
**Ans:** The pair of glasses is not the correct prescription for you, that is why it is giving you serious headache. Stop using it and get a proper eye test done.
3. When I bend down, or sing, my nose and throat becomes blocked and at times I will not be able to breathe well. What can I do? **Ans:** You need to urgently see an Ear, Nose and Throat Specialist.
4. I used glasses while in junior secondary school, but I notice of recent that my eyes are reacting to light - even classroom light. What can I do?  
**Ans:** You will need tinted glasses which will help to reduce your reaction to light.
5. How can one mitigate the generation of eye defect especially myopia?  
**Ans:** Myopia cannot be prevented. It could be hereditary or could develop without any family history. You will need proper examination. Treatment is mainly by prescription eye glasses.
6. I usually experience a dim vision after a long time focus on book and stops after sometime. What is the likely solution? **Ans:** You most likely have refractive error. You will need to wear glasses.
7. Can someone who uses computer often and without eye defect use the tri-focal glasses before experiencing eye defect? **Ans:** NO!
8. Are there any disadvantages of using bifocal glasses?  
**Ans:** It is not advisable for the elderly and those that work with heights. They could look through the lower portion for distant objects which could lead to a fall or missed step.
9. Is it advisable to hope that the condition of myopia will get better with diet without using the glasses?  
**Ans:** NO!
10. Is it advisable to use photo-chromic lenses when using laptop to protect the eyes from intensity from the screen?  
**Ans:** NO. Photochromic lenses will not protect your eyes from the light from the laptop screen, they are meant for protection from the sun.
11. My child experience incessant eye itch, how do we solve the problem Ma?

- Ans:** You need to see an Ophthalmologist so that your child can be properly treated. If this complaint or condition is not properly treated, it may lead to visual impairment.
12. Please how can I see you for check up?  
**Ans:** Millennium Eye Centre, State Specialist Hospital, Akure, Ondo State.
13. What can cause the size of the eye of a 6years old child to reduce without causing pain to the child?  
**Ans:** It could be a congenital problem. Take the child for comprehensive examination.
14. Vitamin A is usually given to nursing mothers during immunization. Is it true that babies get this vitamin A through breast milk? **Ans:** Yes.
15. Why would a child's eye get increasingly discolored in a short period of time?  
**Ans:** Different types of diseases could cause different types of colours of the eyes. The child state of eye health needs to be investigated.
16. What causes pain in someone's eyes after waking up from sleep?  
**Ans:** Any pain in the eyes needs to be investigated and treated. If not properly treated, it could lead to reduction in vision or/and eventual blindness.
17. My 17 year old daughter recently complains of seeing multi-colors while looking at the board in class. What do I do?  
**Ans:** Any eye that sees multi colors needs to be screened for glaucoma, which is a cause of irreversible blindness.
18. What could be responsible for a 4 months old child's eyes to be brownish in colour?  
**Ans:** Congenital problems or allergic problems.
19. How can someone overcome strain in the eyes that is caused by the frequent use of computer. Can anti-reflect glasses help?  
**Ans:** It is possible that there is associated refractive error. You will need to use the correct prescription glasses which are tinted. Computer glasses and anti reflective glasses could also help.
20. I secrete a lot of water in my eyes. I use bifocal glasses. I trust my bad eyes for sight. I use my glasses for reading. Am I safe?  
**Ans:** Tearing of the eyes has many causes and they can be treated. See an eye medical doctor.
21. Is it advisable to buy glasses from wheel barrowers?  
**Ans:** No. Do they look like proper sources in any way?
22. I noticed I frequently have whitish discharge in my eyes. I regularly have to clean my eyes. What could be wrong? **Ans:** It could be an infection. See your doctor and get it treated.
23. Does constant headache and eye ache mean one is prone to glaucoma? **Ans:** No.
24. I am above forty years. I don't see far objects clearly while driving. I heard recommended glasses make eyes go inside and eyeballs reduce in size. Is there any medicine to use other than using glasses?  
**Ans:** There is no drug to use. You will have to wear recommended eye glasses. They do not make eyes to go inside the eye socket.
25. What is the effect of fixing eyes lashes?  
**Ans:** It could cause allergic reaction to the eyes.