

# CATARACT



*Before Operation*



*After Operation*

**This condition develops normally in the advanced age.** Operation can prevent blindness resulting from cataract. The operation of cataract is easy and safe.

## Signs & Symptoms

- Gradual loss of vision.
- The pupil of the eye turns grey.
- There is no pain in eyes due to this disease.
- Do not wait for the Cataract to mature.
- Consult eye specialist immediately .



**Government Hospitals and Non-Governmental Organisations offer FREE FACILITY** alongwith lenses for treatment of Cataract.

For more information, contact your nearby  
Primary Health Centre or Government Hospital.



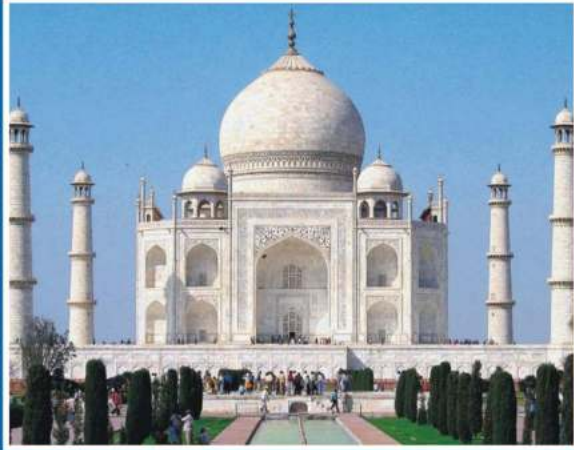
**National Programme for Control of Blindness**

Directorate General of Health Services, Ministry of Health & Family Welfare, Government of India,  
Nirman Bhavan, New Delhi - 110 108 Website: [www.mohfw.nic.in/npcb.nic.in](http://www.mohfw.nic.in/npcb.nic.in)





# GLAUCOMA



*Normal Vision*



*Vision due to Glaucoma*

**Glaucoma, known as a sneak thief of vision, Glaucoma is a dangerous disease effecting the vision.**

It occurs mostly in the age group of 40+ people, specially to people who have a family history of Glaucoma.

### **Signs & Symptoms**

- If you see coloured rings around the bulb of eyes, feel pain, lack of proper vision and light, then it can be Glaucoma.
- Frequent change of spectacles.
- Inconsistent headache and pain in eyes.

Proper and regular treatment of Glaucoma can help in preventing blindness.



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# REFRACTIVE ERRORS



**Refractive errors occur due to abnormal size and curvature of the eyeball. Reading book for long hours and watching video screen also leads to occurrence of this deformity.**

**With the following symptoms, you can identify refractive error in children:**

- If you are not able to see a nearby or distant object properly viz. black board.
- Hazy vision.
- Complaint of headache on doing near work.
- Lack of interest by child in reading.
- It can definitely be cured with proper glasses.



**Government Hospitals provide these GLASSES FREE OF COST.**

**For more information, contact your nearby Primary Health Centre or Government Hospital.**



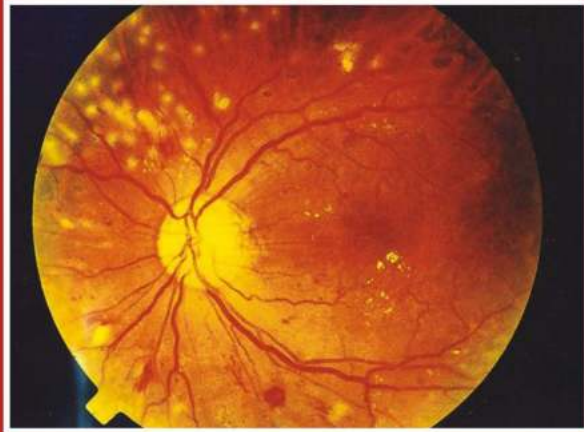
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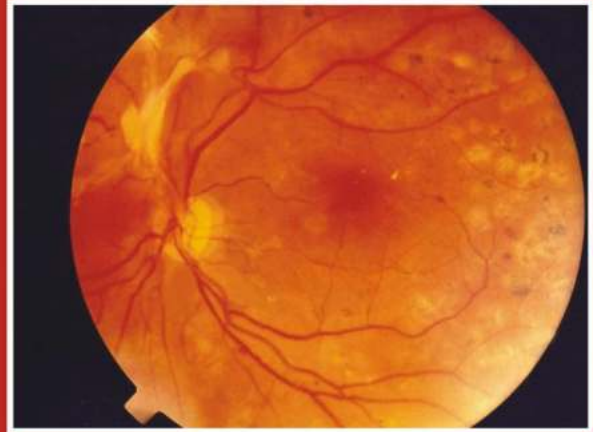




# DIABETIC RETINOPATHY



*Retina affected by diabetes*



*Retina cured with laser therapy*

## Diabetes normally affects the Retina of Eye

The best way to prevent Diabetic Retinopathy is to keep the blood sugar levels under control.

- There is no visible signs or pain etc. initially.
- At later stage, blurred vision.
- Seeing floaters (dark spot) or black lines.



If you are suffering from diabetes, then regularly get your eyes checked for retinopathy. The effect of retinopathy can be prevented through treatment/ laser therapy. Government hospitals, Regional Institute of Ophthalmology and Medical Colleges offer this treatment **FREE OF COST**.

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# PREVENTION FROM CORNEAL BLINDNESS



**Malnutrition, injury or infection etc., during childhood result in Corneal opacity and reduction of vision or loss of eye sight.**

- Save your eyes from injury. Sharp objects like Gulli, Arrow, Scissors, Knife, Needle, Fireworks, Acids etc., should be kept away from Children's reach.
- Save your eyes from post operative complications or infections.
- Malnutrition: Feed children with balanced diet (enriched with Vitamin 'A') viz., green leaves vegetables like Palak, Methi, Bathua, Sarson ka Saag, Muli leaves etc., and yellow coloured fruits.
- Don't touch or rub eyes with dirty fingers.
- Follow the advice of eye specialist.



**For more information, contact your nearby Primary Health Centre or Government Hospital.**



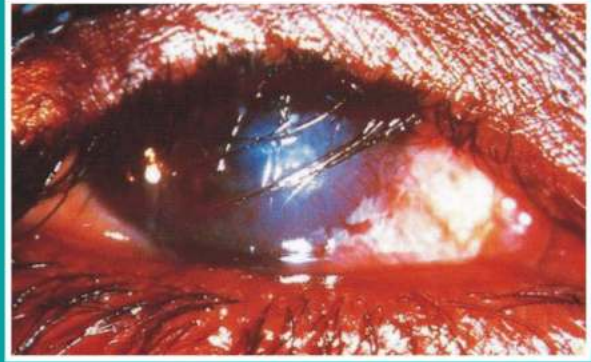
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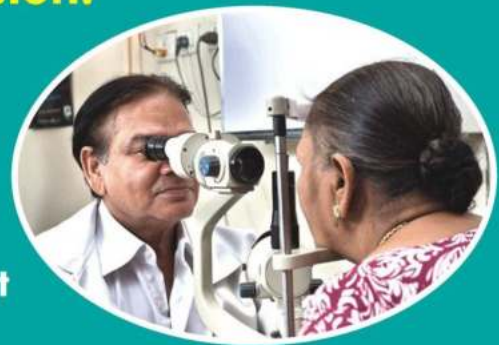
# TRACHOMA



**Trachoma is an infectious disease. It effect the inner portion of eye lids. Later on when eye lids get inverted, it rubs with the Cornea and damages it. Consequently, it results poor vision.**

## **Signs and Symptoms**

- Sandy sensation in the eyes.
- Granules on the conjunctiva.
- Normally it effects both eyes.
- Inverted eye lid and constant discharged from eyes.



**Personal hygiene and cleanliness of environment is the best prevention against Trachoma. Contact eye specialist immediately on occurrence of any of the above symptoms.**

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