

NEARSIGHTEDNESS (MYOPIA)

Myopia is blurred vision when attempting to focus on distant objects, but you're able to clearly see up close. This can be corrected with prescription glasses.

DIABETIC RETINOPATHY

Diabetic retinopathy is caused by **diabetes**. The eyes are affected by damaged blood vessels in the retina. It may or may not present mild vision problems at first, but it can potentially worsen to blindness. It's important to maintain normal blood sugar levels.

CATARACT

A cataract is the clouding of the lens of your eye, creating blurry or foggy vision. This clouding of vision can make it more difficult to perform daily tasks. Visit your optometrist if you are noticing worsening blurriness in your vision.

FARSIGHTEDNESS (HYPEROPIA)

Hypermyopia is blurred vision when attempting to focus on objects up close, but have clear distant vision. This can be corrected with prescription glasses.

MYTH: Reading in dim light can damage your eyes.

FACT: Although it can cause eye strain, reading in dim light will not hurt your eyes permanently.

However, if your eyes feel strained, take a break!

MYTH: Eating carrots will improve your vision.

FACT: Although carrots contain vitamin A, which is essential for sight, only a small amount is necessary for good vision. Rather, a well-balanced diet, with or without carrots, provides all the nutrients the body needs.



Bayanihan Clinic also offers free reading glasses if you know your prescription. Just ask a staff member!



**INFORMATION FROM THIS BROCHURE CAN BE FOUND AT:
WWW.MAYOCLINIC.ORG | WWW.AOA.ORG
WWW.PREVENTBLINDNESS.ORG/FACT-SHEETS**