

10 Ways To Pure Peeper Perfection



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From contacts to Lasik, blinking to sun protection – there’s a whole lot more to the world of optical health than meets the eye. But with these top tips from eye specialist Dr Gauba, you’ll soon be the star pupil...

1. Blink

It may seem obvious, but we don’t do it enough. Our eyes and their surrounding structures are designed to survive all climates and situations. However, the advent of computers and televisions was never factored in. Every time we stare at one of these screens, our eyes become dry due to tear evaporation. Throw in the high airflow pumped out by AC ducts, and this exaggerates tear loss several fold. Blinking frequently whilst in front of a screen will help spread moisture across the front of your eye and help reduce the symptoms of eye fatigue and dryness.

2. Wear Sunglasses

Ideally the frames should be wrap-around in design so they block the exposure to sunlight that takes place from the corner. Also, they help reduce dust and dirt getting in the eyes. In addition, pay close attention to lens quality and its UV protection status. It should offer 99 or 100 per cent of UVA and UVB blockage and UV400 protection. Choose polarised lenses if you spend a lot of time by the water.

3. Regular Eye Checks

When it comes to your eyes, the old adage that prevention is better than cure couldn’t be more true. An annual eye check-up with a specialised eye doctor is a wise and effective investment in preserving one of your most precious senses. Most eye problems, when detected early, can have simple and effective solutions. There are some blinding conditions, such as glaucoma, which can be present without you experiencing any symptoms – by the time you notice any vision problems from such a condition, extensive, irreversible damage has already taken place. However, if glaucoma is detected early, new advances in treatment and technology can help control this condition without even having to take any eyedrops.

4. Look after your eyelids and skin

The skin around our eyes is the thinnest area of our face and it’s where the first signs of ageing and sun damage show. Using a good fragrance-free skin moisturiser and UV sun protection (minimum SPF 50) on a daily basis can help reduce the signs of sun damage. In our harsh climate, sagging of the eyelid skin or eye bags can develop. In such situations, it’s imperative that you visit an eyelid specialist to address such issues, ie an oculo-plastic surgeon. Such super-specialised physicians are eye doctors who have further training and experience in dealing with problems of the eyelids and will be able to guide you on how to look after your lids and treat any problems that do arise.

5. Hygiene

Always maintain a clean and hygienic environment at your home and workplace. Generally wash your hands regularly and frequent use of a hand sanitiser is a good idea. Try to minimise any contact of your hands with your eyes; this is the most common route of acquiring an eye infection. Keep some preservative-free eye lubricant available with you so that you can wash your

eye out at the first sign of any grit or foreign body getting into it. This can help avoid infections and allergies. For guys who are outdoors a lot, there are special techniques and specifically designed lid cleansing products (such as Ocusoft), which can help ensure that your lid margins remain healthy and keep protecting and lubricating your eyes.

6. Don’t wash your eyes with tap water

After all, we don’t drink tap water, so why should we put it in our eyes? If it’s not safe enough for our stomachs, which are full of bug-fighting acids and chemicals, it’s certainly not safe enough for our eyes. It’s advisable to use a preservative-free lubricant that has been designed for use in your eyes to wash them out. Did you know that washing your eyes out with water can effectively make them drier? Tap water can actually dilute the tears in your eyes.

7. Minimise contact lens usage and consider alternatives

Although some of you may feel that contact lenses are the best invention ever, they do have their drawbacks. They are foreign bodies that spend a lot of time on the surface of your eye and tend to absorb a significant proportion of your tear production to wet themselves, leaving much less for your eye itself. This is why dryness and red-eye are not uncommon with lenses, particularly in this climate. This can lead to a shortage of oxygen in your eye and an increased risk of infections. This can be corrected by treatments such as SupraLasik, which don’t involve any surgery or even touching of the eye and can give long-term freedom from glasses or contact lenses.

8. Keep hydrated

It is recommended that you drink a minimum of three litres of water daily. Remember that this number must increase if you are outdoors a lot and losing water through sweat. The more hydrated our bodies are, the more moist and comfortable our eyes will be. Anyone who has nursed a hangover can vouch for that statement!

9. Eat well... Live well

Good nutrition and living a healthy, balanced lifestyle impact your eyes as they do the rest of the body. Eyes are particularly sensitive to diets low in antioxidants or high in saturated fats. Various eye conditions, such as macular degeneration, can be checked by increasing the intake of antioxidants and supplements with lutein. Smoking and stress are doing your eyes no favours either, contributing to macular degeneration.

10. Increase room humidity

Increasing the moisture in the air when you are in front of a computer or sleeping at night can help reduce the amount of tear evaporation. Our eyes are not always shut during our sleep cycles and this is when they tend to get dry due to evaporation, particularly if the air humidity is low. Using a humidifier in your bedroom or in your study is a good idea.