

Doctors sound alert, take care of your eyes in winter

NEW DELHI, DHNS: With a dip in temperature, doctors sounded an alert on eye-related ailments in the city.

While paediatricians said allergic conjunctivitis is common among children during this season, those exposed to computer screens over a long period of time are likely to get dry eyes, said doctors.

"In this season, there are cases of allergic conjunctivitis among children. The more severe cases are referred to the ophthalmologist," said Dr Vikas Tripathi, Head of the Department, Paediatrics, Madan Mohan Malaviya Hospital.

Over-the-counter medicines and eye-drops should be avoided, said doctors.

"The increase in allergic conditions among both children and adults are common during this season. It is important that people maintain a high level of hygiene and espe-

cially wash their hands at regular intervals. There is a tendency among people to not wash their hands during winter. This leads to infection in eyes," said Dr Anil Bansal, Chief Medical Officer, New Delhi Municipal Council Dispensary, Rohini.

"In mild conditions, eye-drops usually solve the problem," said Dr Bansal.

Dry eyes

The most common eye-related ailment during winter is dry eyes, said doctors.

"Dry eyes create a burning or itchy sensation or the feeling that a foreign object is in your eye. The cause may be the lower humidity levels inside your home or office when the heat is on and the windows are closed," said Dr Neeraj Sanduja, Consultant Ophthalmologist, Fortis Medical Research Institute.

Over time, dryness can

cause blurred vision or damage the cornea, which can also lead to blurriness," Dr Sanduja said.

Drinking extra fluids and lubricating eyes with drops can help, said Dr Sanduja.

The most common symptoms are burning of eyes, fatigued eyes, reduced blinking and discomfort out of dryness. Those suffering from rheumatoid arthritis are at a higher risk of suffering from dryness of eyes.

"Usually, there is around 20 per cent increase in cases of dry eyes complaints during winter," said Dr A K Grover, Chairperson, Ophthalmology, Sir Ganga Ram Hospital.

"One should avoid direct exposure to cold wind. Also, those who work in front of computers for a longer time should ensure that the computer is lower than the eye level," he added.