

CARING YOUR VISION

English
version

Why eye examination is important?

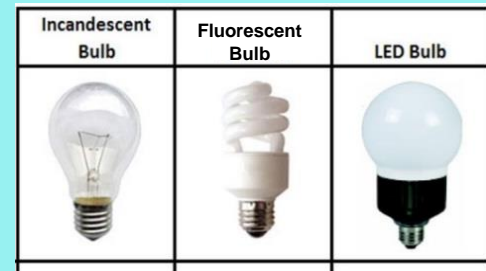
Regardless of age or vision condition, comprehensive eye examination is important which includes checking the followings:

- Eye muscle coordination
- Color vision
- Vision disorders
- Eye diseases (cataract, conjunctivitis)
- Updating spectacle correction
- Can also detect life-threatening conditions such as diabetic retinopathy and brain tumor.



Light Source and Positioning for Reading

1. When comparing to fluorescent and LED light, incandescent sources provide better visual comfort and color balance.



2. As long as it is not creating glare or discomfort, try to use as much light as possible.



3. Do not lie on the bed while reading, this will place the reading material too close to your eyes.



4. When reading or writing, position the light source to the side or behind the viewer to reduce the reflection off the paper.

5. When viewing visual displays such as computers and tablets, avoid reflection created in the screen. Reflection makes your screen difficult to see.

