

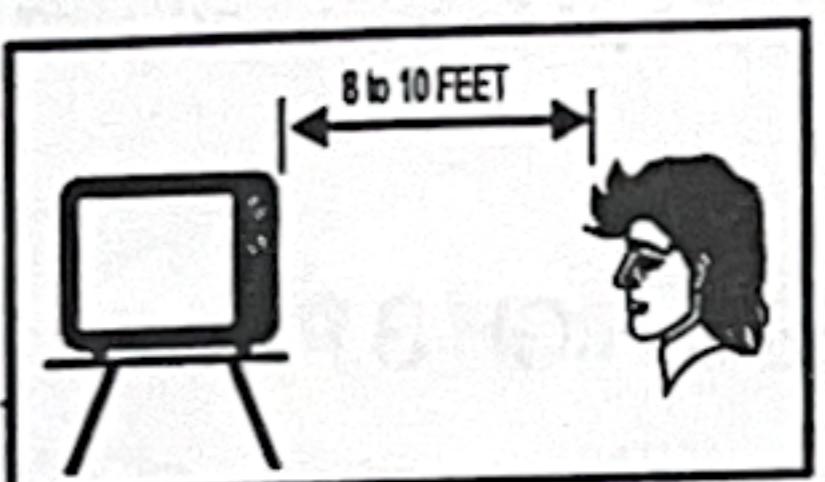


HOW TO WATCH TV

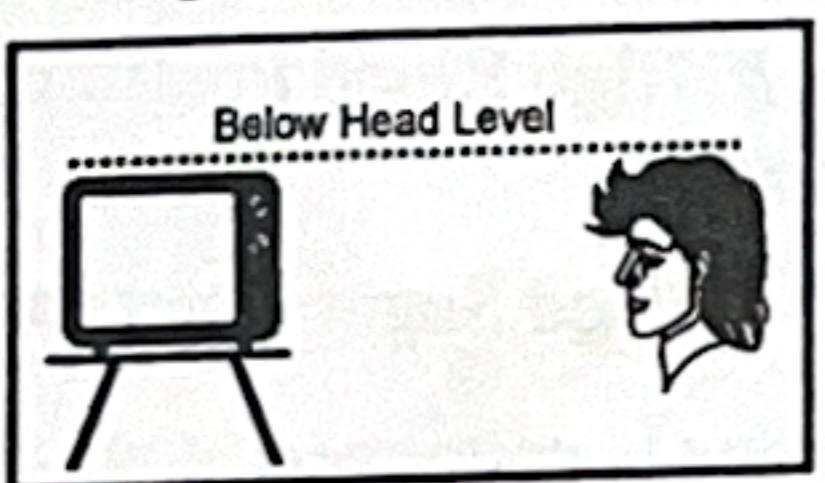
TV Watching affects your eyes adversely.

TIPS to minimise the damage:

1. Keep a distance of 8 to 10 feet between your eyes & TV.



2. See TV while sitting & TV should be below head level.

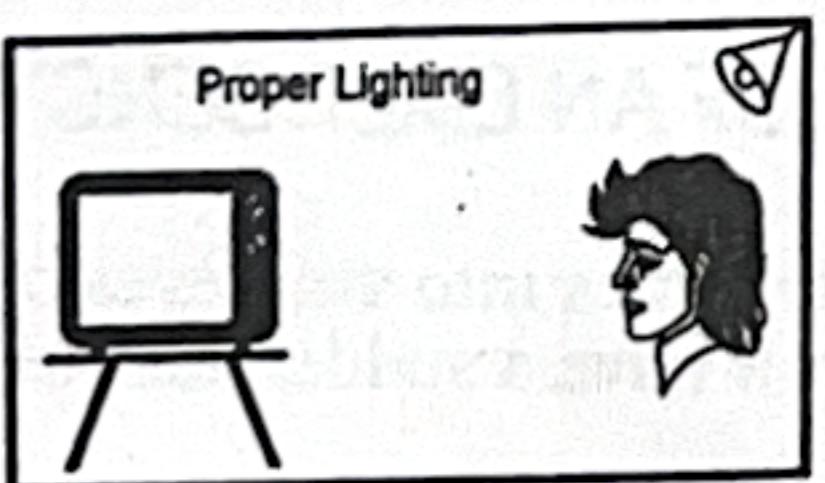


3. Blink your eyes frequently while watching.

4. Continuous TV watching is harmful to eyes.

5. Give a break say every half an hour or so. Breaks during advertisements could be used for relaxing your eyes.

6. Don't put lights off. Keep the room lighted from behind.



7. Keep colour & contrast low or medium.

8. Fast changing scenes strain your eyes too much.

9. Late night TV watching should be minimum.

10. Exercise & Yoga of Eyes to reduce TV strain.

For TIPS on How to work on Computers,
Please Contact

SERVICES AVAILABLE*

- General & Executive Eye Checkup
- Eye Check up for babies & children
- Eye checkup for computer professionals
- Phaco (LASER) for cataract
- Eye Care for Diabetics
- LASIK (Spectacle Removal by LASER)
- Glaucoma (Jhamar or Kachbindu)
- Complex Eye Problems
- Retina Diseases (RD & Bleeding)
- Dry Eyes
- VFA (Computerised Test of Field of Vision)
- Contrast Sensitivity Test (CST)
- Fundus Photography (FP)
- Fundus Fluor. Angiography (FFA)
- LASERS (Photo Coagulations)

FREE SERVICES*

- Eye Check up for Babies (upto 6 months)
- Eye Check up for Schools & Social Organisations
- Yoga & Exercises for eyes
- Seminar for Eyecare for computer Professionals
- Eye Check Up for Needy & Poor (Saturday 2 to 4 pm)
- Concessions to Needy to Poor

*Please take appointment for all services



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Vitreoretinal Fellowship

● Sankara Nethralaya, Madras

● National Nagoya Hospital, Japan

Asso. Professor - K.J. Somaiya Hospital & Medical College

CONSULTING EYE SURGEON

VITREORETINAL SURGERY & LASER SPECIALIST

ZEN EYE CENTRE:

7, Rajsarover Niketan, 315-A, Linking Rd., Above Punjab Sind Bank, Opp Tanishq Jewellers,

Khar (W), Mumbai-52. Tel.: 2604 7107. Resi.: 2649 0373.

By Appointment only

Mumbai Retina Centre

101, Kirti Manor, S. V. Road, Opp. Phiroze Dastoor & Sons,

Santacruz (W), Mumbai-400 054. Tel.: 2604 1065

www.mumbairetinacentre.com

Time: 5.00 to 8.30 p.m. Mon-Sat.

BEAUTIFUL & HEALTHY EYES



A Guide for Health & Care of Your Eyes



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Dear Friend

Eyes are the most precious gifts of nature.

These two tiny computers are miraculous windows of your life. It is your sacred duty and right to keep these healthy.

Based on our experience, and research findings, we provide to you some guidelines. These will help you to take care of your eyes and take preventive measures. Wish you an excellent vision.

Zen Eye Clinic

CAUSES OF POOR VISION

- Prolonged tension, worry or stress.
- Improper food & Vitamin deficiency.
- Improper use of eyes.
- Lack of Preventive Care
(Lighting conditions, pollution, eye checkup etc.)
- Undesirable use of medicines.
- Family history, childhood disease or accident.

PROTECTION OF EYES

Protect your eyes from :

- Dust, Smoke & Pollution. ● Wind.
- Bright Light & Welding glare.
- Ultraviolet rays. ● Sharp objects.
- Cricket ball and other injuries.

HEALTHY DIET FOR EYES

Make the following a part of your everyday diet.

- Tomatoes ● Carrots ● Papaya
- Food items rich in Vitamin A.
- Plenty of green leafy vegetables.
- A glass of milk.
- Plenty of water.

Avoid fried, spicy and junk food.

RELAX YOUR EYES

- Blink your eyes frequently. It lubricates your eyes.
- Do Palming as & when your eyes are tired.
- Close your eyes with palms & sit quietly
- Wash your eyes with plain water 4-6 times a day.
- Relax your eyes in between long hours of work. It keeps your eyes healthy.

PRECAUTIONS DURING WORK

- Always read under proper illumination.
- Work in proper body postures.
- Learn the art of working on Computers*.
- Try to avoid reading in a moving vehicle.
It strains your eyes.
- Give a break in between long hours of work.
- Blink your eyes frequently.

DO NOT NEGLECT

- If you find difficulty in reading or distance vision, you must get your eyes checked.
- If any eye problem continues for a long time or recurs, get your eyes checked.
- If prescribed, you must wear glasses
- Give proper rest to eyes and also take proper sleep.

DIABETES & HIGH B.P.

THESE SURELY AFFECT YOUR EYES

- Diabetes & High Blood Pressure may damage your eye sight.
- Control of Blood Sugar is not enough.
- The damage is painless & goes unnoticed unless very late, therefore watch out.
- Proper Eye check tells you the severity of Diabetes & B. P. and take preventive care.
- You can guard against damage by diagnosis with latest equipments.

Thus you continue to see better and live a quality life.

IN CASE OF AN EMERGENCY

- If something goes into your eyes or if you get an eye injury or have a sudden loss of vision
- Do not rub your eye.
 - Wash your eyes with plenty of water.
 - Compare vision of your left and right eye.
(If Possible)
 - Consult your doctor immediately without delay.