

Eat Right for Better Eyesight

Helpful tips for improving eyesight for all Ages

WRITTEN BY DR PRASAD GUPTA



ABOUT THE AUTHOR



WELCOME

Dr Prasad Gupta

Medical Director- Shivaji Park Eye Clinic

MBBS (KEM), MD (AIIMS), FMRF (Sankara Nethralaya), FICO (London, UK), FRCS
Glasgow (I)

With an experience of 9+ years in the field of Ophthalmology, Dr Prasad Gupta is an excellent eye surgeon with special interest in Cataract surgery, Diabetic retinopathy, LASIK, Age related macular degeneration, Genetic eye diseases like retinitis pigmentosa, Retinal detachment, Macular surgeries, ocular trauma, retinopathy of prematurity and others. He also loves cooking and experimenting with food. Hereafter, follows a short e-book on the diet changes and food with one should consume to have healthy eyes.

HEALTHY FOOD FOR HEALTHY EYES



Diet rich in omega-3 fatty acids, vitamin A, and vitamin C can help relieve the symptoms of dry eyes. Foods such as fatty fish (salmon, tuna, sardines), flaxseeds, chia seeds, walnuts, spinach, carrots, sweet potatoes, citrus fruits, and berries are excellent sources of these nutrients. Additionally, staying hydrated by drinking plenty of water



WHAT TO AVOID

Cigarettes are known to cause **Age related macular degeneration** and damage to the **optic nerve** on prolonged use.



Alcohol affects the blood lipid level and can affect the retinal blood supply and optic nerve causing blindness



AVOID

- Putting honey, rose water, curd, aloe vera juice as shown in many videos online.
- They can result in permanent damage and scarring of the eyes



Putting such food ingredients in the eyes can cause more harm than good, hence use them in your daily food and not in your eyes.

Tips

- 1 Sleep for 8 hrs at night
- 2 Reduce screen time
- 3 Exercise daily, do eye yoga
- 4 Have a healthy diet
- 5 Keep your eyes clean
- 6 Avoid using excessive eye make-up and don't forget to remove it at night before sleep

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These may seem like small tasks. However, they're simple yet powerful steps towards having a healthy eyesight!



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MORE INFORMATION:



022 - 65180083



speyeclinic@gmail.com



www.shivajiparkeyeclinic.com



101, Nirmal Sagar CHS, Near Aaswad Hotel, Opp.
Shiv Sena Bhavan, Dadar, Mumbai - 400028