

Vi- conclusion



VI- CONCLUSION The eye is the organ of vision. It has a complex structure consisting of a transparent lens that focuses light on the retina. The retina is covered with two basic types of light-sensitive cells-rods and cones. The cone cells are sensitive to color and are located in the part of the retina called the fovea, where the light is focused by the lens. The rod cells are not sensitive to color, but have greater sensitivity to light than the cone cells. These cells are located around the fovea and are responsible for peripheral vision and night vision. The eye is connected to the brain through the optic nerve. The point of this connection is called the "blind spot" because it is insensitive to light. Experiments have shown that the back of the brain maps the visual input from the eyes. The human eye is not sensitive to the polarization of light, i. e., light that oscillates on a specific plane. Because the eye is such an important and complex part of our body, we have many features which protect the eye. The eyebrows are the strips of hair above your eyes which prevent sweat from running into them. Eyelashes help keep the eye clean by collecting small dirt and dust particles floating through the air. The eyelashes also protect the eye from the sun's and other light's glare. The eyelids sweep dirt from the surface of the eye. The eyelid also protects the eye from injury. Tears are sterile drops of clean water which constantly bathe the front of the eye, keeping it clean and moist. Not all people have perfect vision. People who can see things up close, but not far away are considered to be nearsighted. This happens when the light entering the eye focuses on a point in front of the retina. On the other hand, people who can see far away objects but not those that are up close are farsighted.

Farsightedness occurs when the light that enters the eye focuses on a point behind the retina. Whether a person is nearsighted or farsighted, glasses or

contacts help that person to see things much more clearly.

RECOMMENDATION It's so important to take care of your eyes, but you may not think about it very often. No matter how much makeup you put on them or how much you workout, if your eyes look tired or lack luster it will show. Be alert for symptoms of vision problems or visual stress , like tired or burning eyes , blurred vision , difficulty with distance vision , difficulty reading , or doing close work and trouble reading . Wear proper safety eye wear when doing things like using power tools, playing sports like basketball, karate or kick boxing. Provide adequate lighting when reading and watching TV. Take rest breaks from visually demanding tasks and from the computer screen. Wear proper sunglasses for protection from the sun. Necessarily schedule a comprehensive eye health and vision exam every 12 to 18 months to help ensure your correct eyesight. Your eyes require specific vitamins and minerals optimum health and function. Current medical studies suggest that patients with several diseases of the eyes may benefit from daily dietary supplements of antioxidant vitamins that include zinc, selenium , vitamin A , vitamin C and vitamin E.