

Better vision is no longer a dream

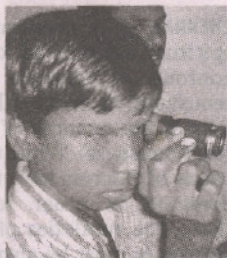
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RAJAHMUNDRY: Vision-2020 is a slogan. Better vision to improve quality of life is a dream. With modern medical practices within our reach, this dream is fast becoming a reality. This year the World Sight Day (October 12) is being observed as fight against low vision and refractive errors.

Low vision has been defined as permanent visual impairment that is not correctable either with medical or surgical intervention. One out of 100 persons in Tamil Nadu, Karnataka, Andhra Pradesh, Kerala, Pondicherry, Orissa and other States has low vision.

Early detection of refractive errors and provision of spectacles at affordable cost, early detection of glaucoma, especially among those above 40 years, increasing the coverage of measles vaccine and reducing the incidence of Vitamin A deficiency in children, preventive measures to limit trauma/injuries are some of the strategies advocated for reducing the incidence of low vision.

Some of the most obvious indicators of low vision are difficulty in recognising a familiar face, reading (print appears blurred, distorted or broken) seeing



A student with low vision looking at letters with the help of a telescope.-

PHOTO: S. RAMBABU

steps, walls and furniture and adapting to changes in brightness, and performing routine domestic task, such as cleaning, cooking, eating, serving food, recreation etc.

There are many optical and non-optical devices that can contribute significantly to maximising the use of residual vision in a low-vision person. These include large-print books, magazines, newspapers and telephone dials, bright coloured or high contrasting utensils, furniture and identification stickers for marking, electronic aids such as CCTVs with magnification systems and reading devices. In addition to these, increased and properly positioned lighting could also be a big help in seeing better.