

# CARROTS CAN IMPROVE YOUR VISION

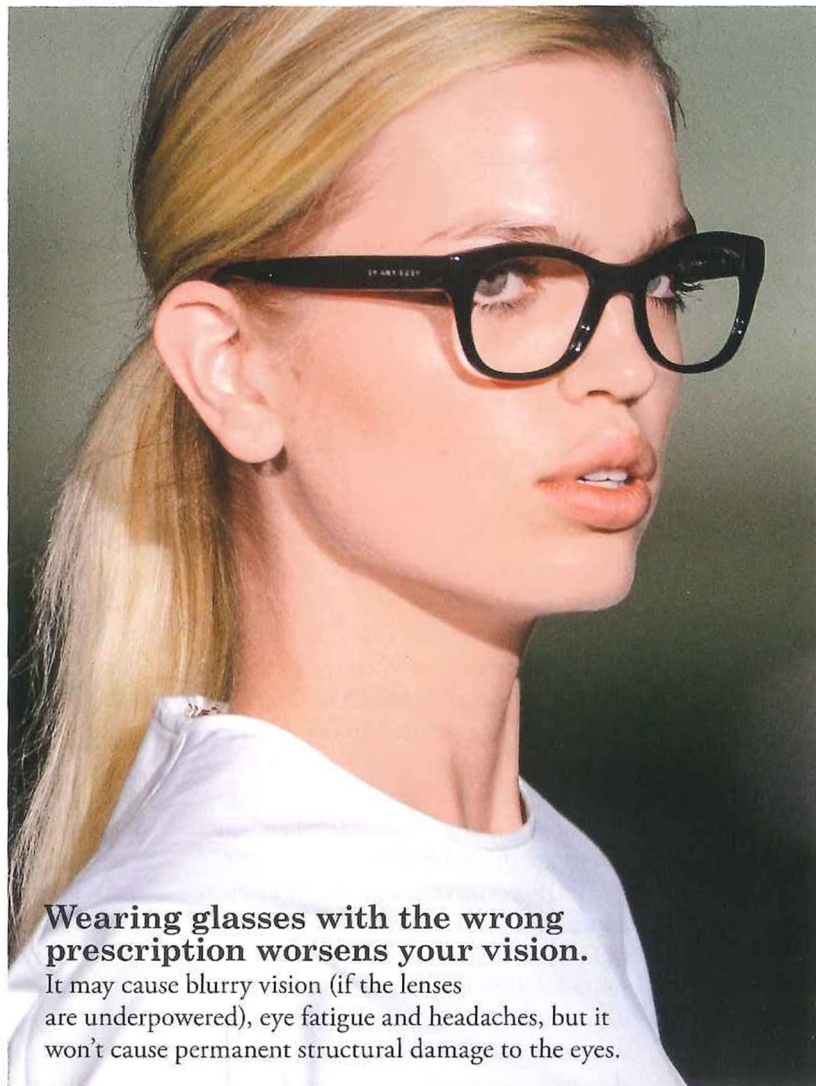
This and seven other eye myths debunked. (But that doesn't give you licence to continue staring at your phone 24/7.)

## Undergoing Lasik surgery means you will never need to wear glasses or contact lenses.

Sometimes, patients do not get perfect unaided vision after Lasik due to unpredictable wound healing. You may also need reading glasses or glasses with progressive lenses when you get older, as Lasik does not permanently correct presbyopia (age-related long-sightedness).

## Eating carrots improves your eyesight.

If your vision is less than perfect, eating carrots will not improve your visual acuity. However, carrots – and other orange-coloured vegetables and fruits – have beta-carotene, which the body converts into vitamin A, a deficiency of which can lead to night blindness and dry eyes.



## Wearing glasses with the wrong prescription worsens your vision.

It may cause blurry vision (if the lenses are underpowered), eye fatigue and headaches, but it won't cause permanent structural damage to the eyes.

## Watching TV or using an iPad at a very close distance worsens myopia.

This generally applies to growing children – engaging in near-work activities is a known risk factor for the development and progression of myopia – and is less applicable to adults, whose bodies, including the eyes, have reached mature development.

## Reading small print or reading in poor light worsens your vision.

Doing this causes discomfort and leads to eye fatigue, but it does not worsen one's vision. For those who are in their mid-forties or older, a pair of reading or progressive glasses may be required for reading fine print, due to the onset of presbyopia.

## Reading while lying down is bad for the eyes.

In general, poor reading posture is not harmful to the eyes. However, excessive near-work activity is a concern for children and adolescents as it is a risk factor for the progression of myopia; it isn't cause for concern for adults.



## Eating wolfberries rectifies myopia.

Although wolfberries have a high level of antioxidants, there is no concrete evidence to prove that they improve one's vision.

## Eyes can be transplanted.

Only certain parts of the eye, such as the cornea and limbal stem cells, can be transplanted. *HW*

EXPERT SOURCE: DR CHAN TAT KEONG, SENIOR CONSULTANT AT THE REFRACTIVE SURGERY DEPARTMENT, AND THE GENERAL CATARACT AND COMPREHENSIVE OPHTHALMOLOGY DEPARTMENT AT THE SINGAPORE NATIONAL EYE CENTRE