



# Loss Control Insights

Myths About Your Visions and Eyes

## Myth: Using Artificial Sweeteners Will Make Your Eyes More Sensitive to Light



Fact: If you use artificial sweeteners, like cyclamates, your eyes may be more sensitive to light. There are other factors that will make your eyes more sensitive to light as well. They include antibiotics, oral contraceptives, high blood pressure drugs, diuretics, and diabetic medications.

## Myth: Looking Straight at the Sun Will Damage Your Sight

Fact: Looking at the sun may not only cause a headache and distort your vision temporarily, but it can also cause permanent damage to your retina -- the back of your eye.

"Well, at least one of us passed the emoji eye exam..."

## Myth: There's Nothing You Can Do to Prevent Vision Loss

Fact: At the very first sign of symptoms, such as blurred vision, eye pain, flashes of light, or sudden onset of floaters in your vision, you should see your doctor. If detected early enough, depending on the cause, there are treatments that can correct, stop, or at least slow down the loss of vision.

## Myth: Eating Carrots Will Improve Your Vision

Fact: Carrots are high in vitamin A, a nutrient essential for good vision. Eating carrots will provide you with the small amount of vitamin A needed for good vision, vitamin A isn't limited to carrots; it can also be found in milk, cheese, egg yolk, and liver.

## Myth: Sitting Too Close to the TV Will Damage Your Vision

Fact: Sitting closer than necessary to the television may give you a headache, but it will not damage your vision. Children may do this to see the TV more clearly. They may, in fact, need glasses.

## Myth: Wearing someone's glasses will hurt your eyes more then it will help.

Fact: There is a slight truth to this one. While you are wearing someone else's glasses your eyes will not be working as they normally would. This however is only temporary and as soon as you take the glasses off your eyes will automatically adjust back to normal.

## Myth: Vision loss happens and there is nothing you can do to prevent it.

Fact: There is some truth to this, while as we age our vision will naturally deteriorate and won't be as sharp. But, you can slow this down with a healthy diet, wearing protective eye gear (i.e. sunglasses), and having regular eye exams.

## Myth: Staring at the computer all day will ruin your eyes.

Fact: When you stare at anything for an extended period of time you tend to blink less causing dryness and eye strain but will not affect your vision. It is recommended for you to take regular breaks and frequently glance away from the computer when working for an extended amount of time.