

K5.1.2

K5.1.2 The Symptoms of Sick Eyes

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GM Kids Series




# The Symptoms of Sick Eyes







A man with a beard and dark hair is shown in profile, wearing a black headset with a microphone. Two pink sticky notes with hand-drawn blue eyes are placed over his eyes. To his right, a large, glowing blue clock with mechanical gears inside is superimposed over the background. The background is a blurred office setting with bookshelves.

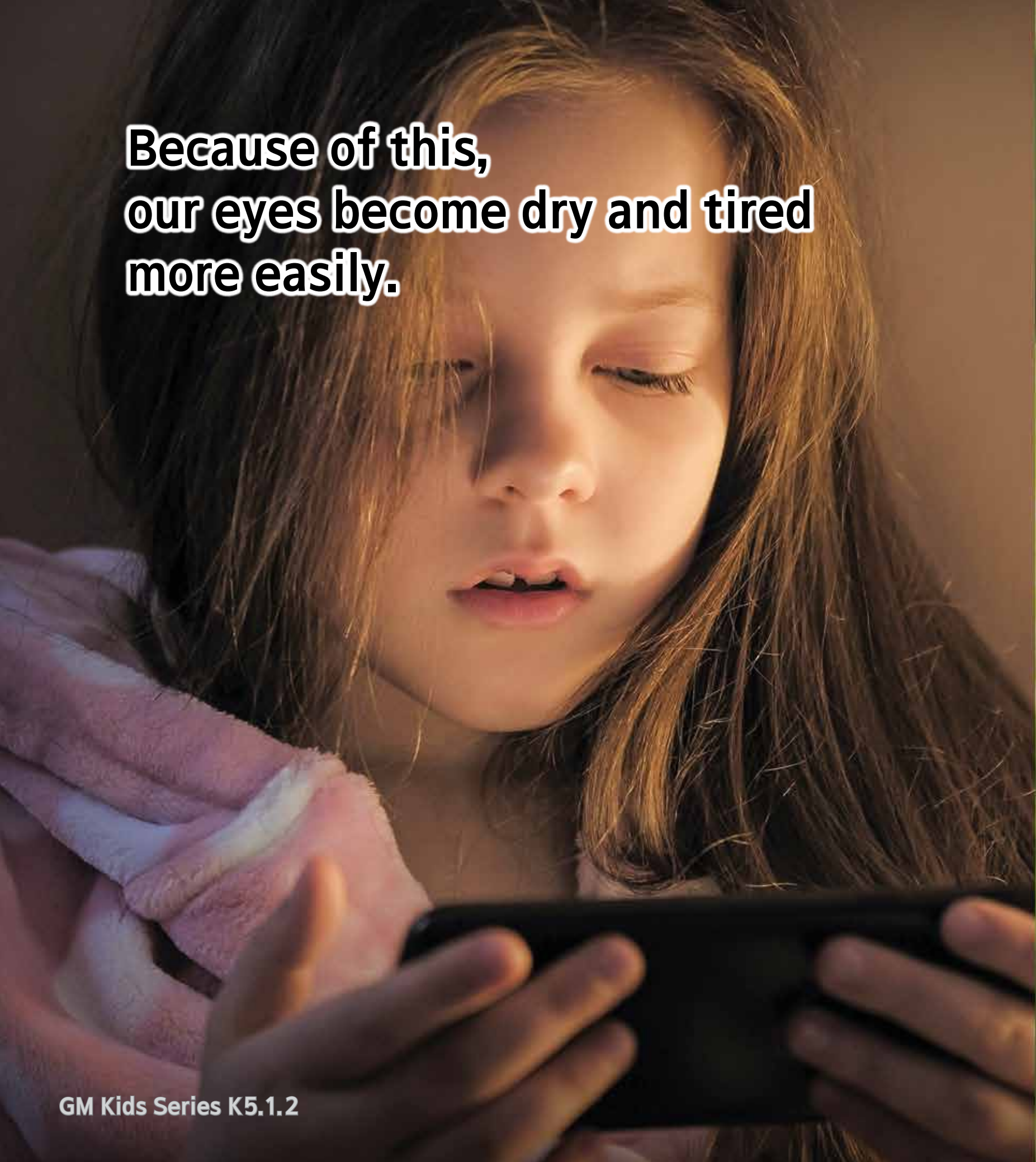
**Since our eyes work all day  
except when we sleep,  
they are one of the most tired  
organs in the body.**






**These days, especially because we look at computers or smartphones a lot, we often do not blink for long periods of time.**



A close-up photograph of a young girl with long, wavy brown hair. She is looking down at a black smartphone held in her hands. Her expression is focused, and her eyes are slightly closed. She is wearing a pink and white striped garment. The background is a plain, light-colored wall.

**Because of this,  
our eyes become dry and tired  
more easily.**

A photograph of a woman with long brown hair, wearing a blue short-sleeved shirt. She is looking up at the sky with her eyes closed and her arms outstretched to the sides. The background is a lush green forest with sunlight filtering through the trees, creating a bokeh effect.

**To keep our eyes healthy,  
it is good to rest by closing our eyes  
or looking at something far away  
for about 10 minutes after using  
a smartphone for 30 minutes.**





**Blinking often or using a humidifier to keep the air moist also helps keep our eyes healthy.**



**Our eyes are built very similarly to a camera. However, our eyes are much more sensitive and complex.**






**The eye is made up of many different visual organs, each with a different role.**



**So, if there is a problem in any part of the eye, symptoms can appear quickly.**

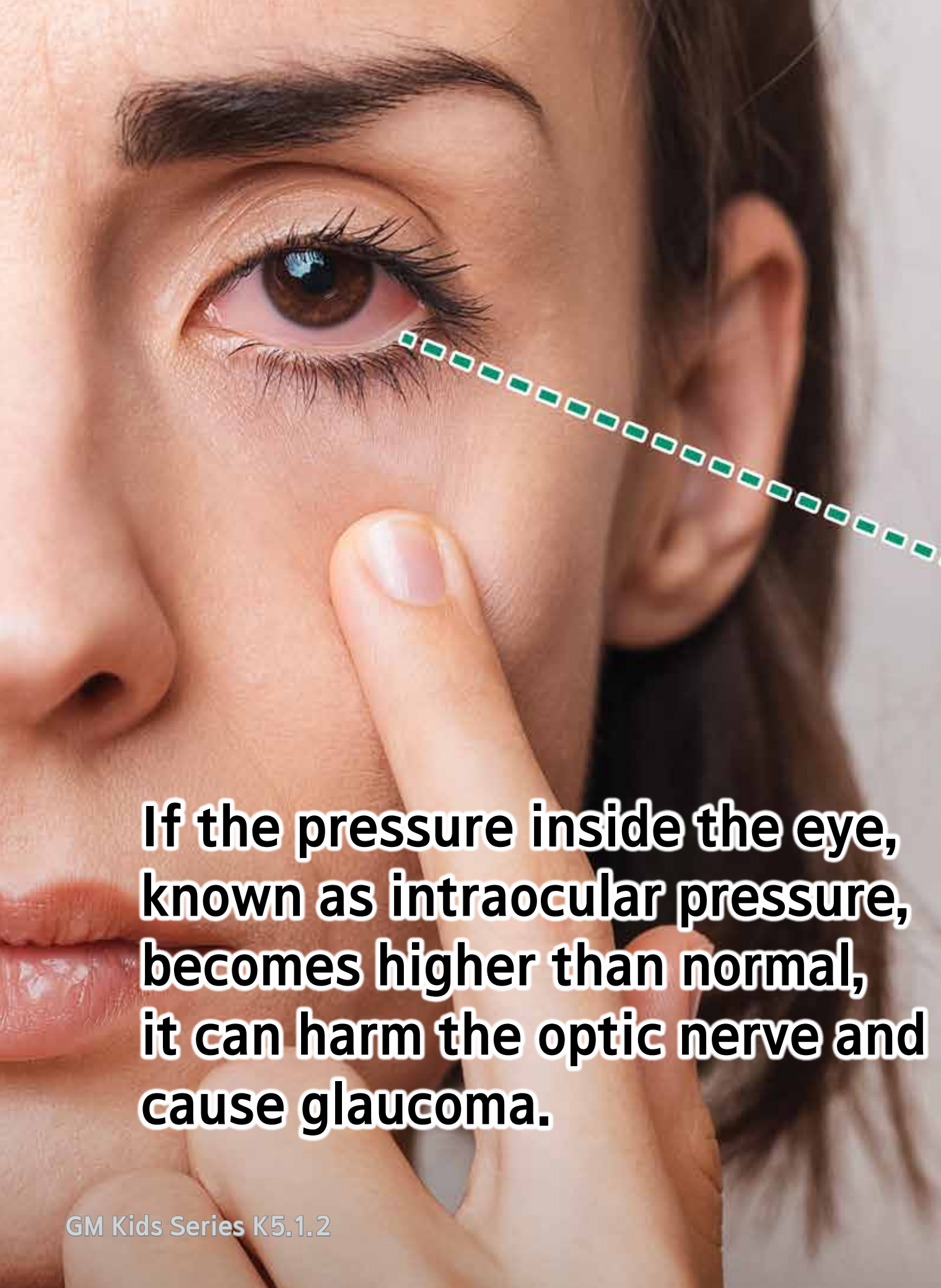




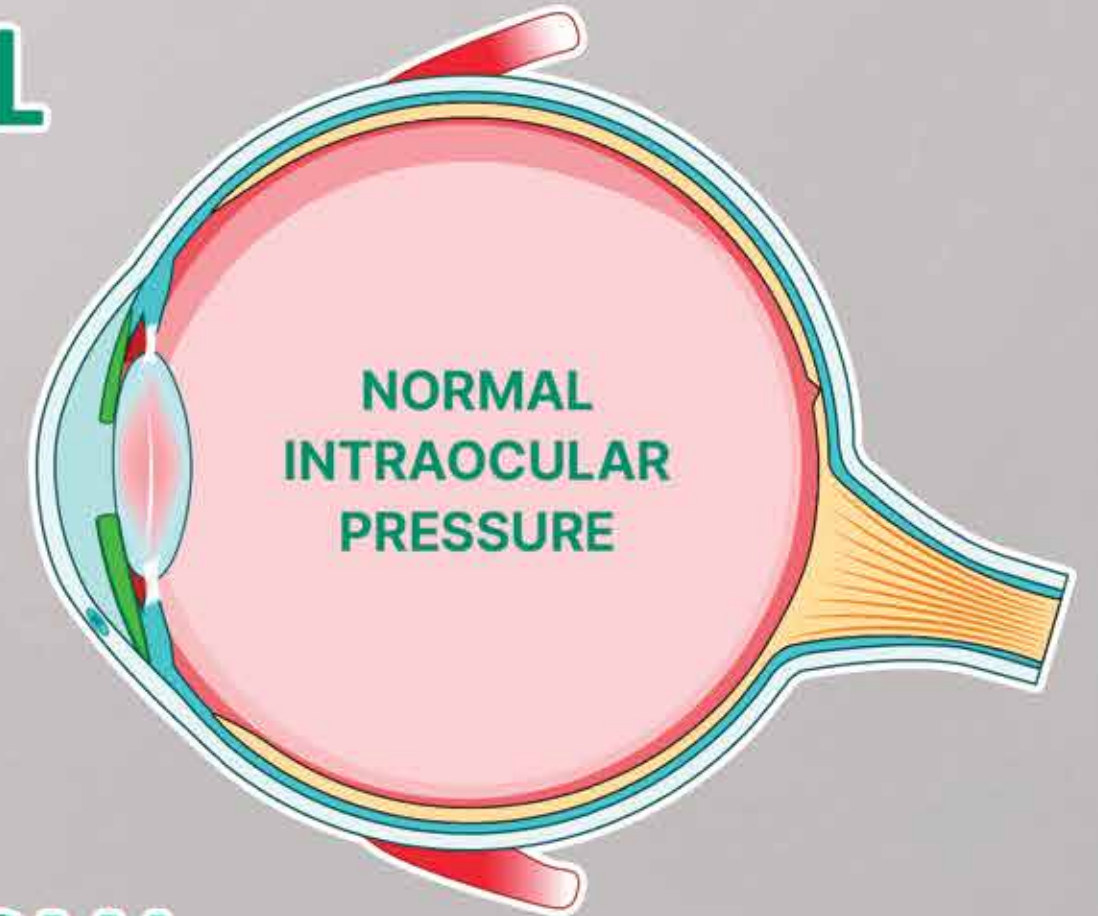


**As we get older,  
our eye functions also weaken.  
Aging can reduce the ability to  
adjust the thickness of the lens,  
and the clear lens can become  
cloudy, leading to cataracts.**

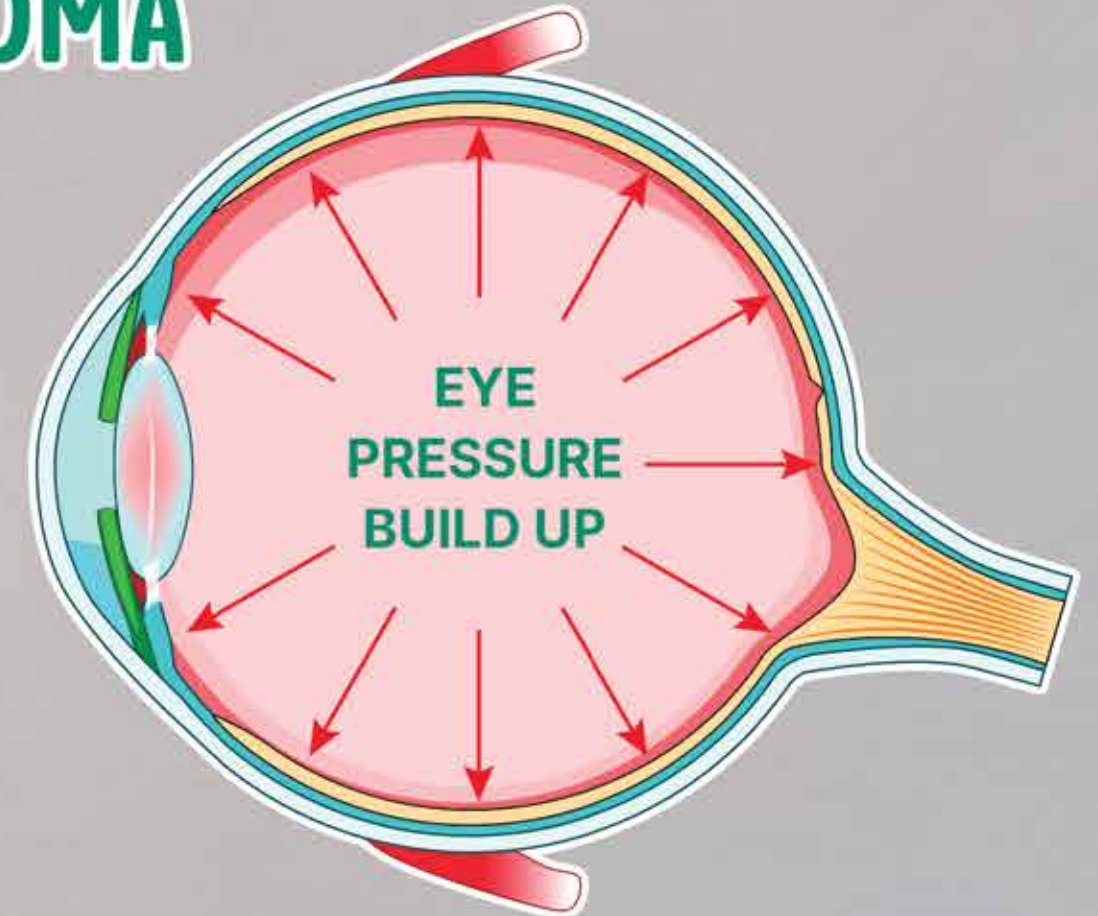




**NORMAL**



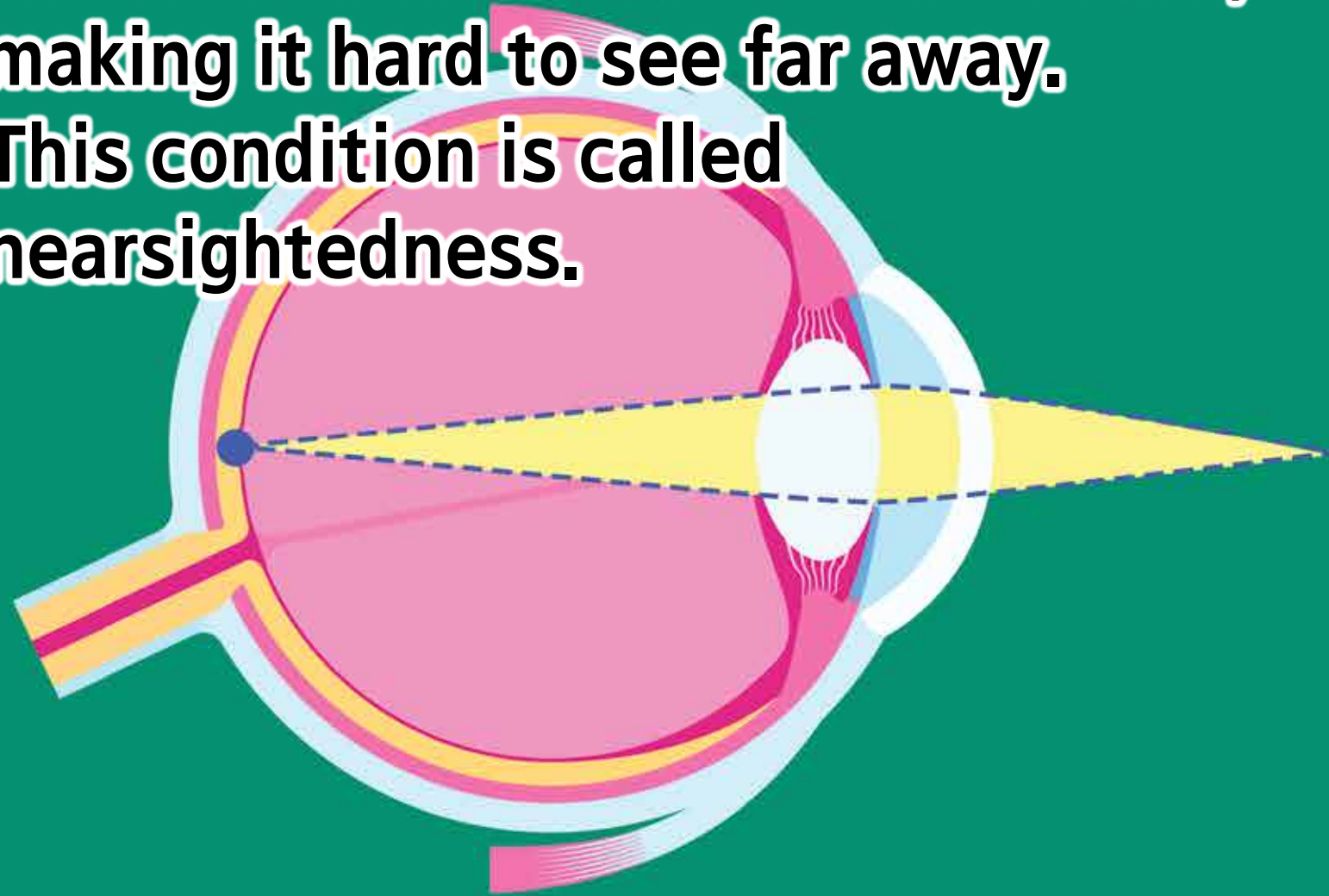
**GLAUCOMA**



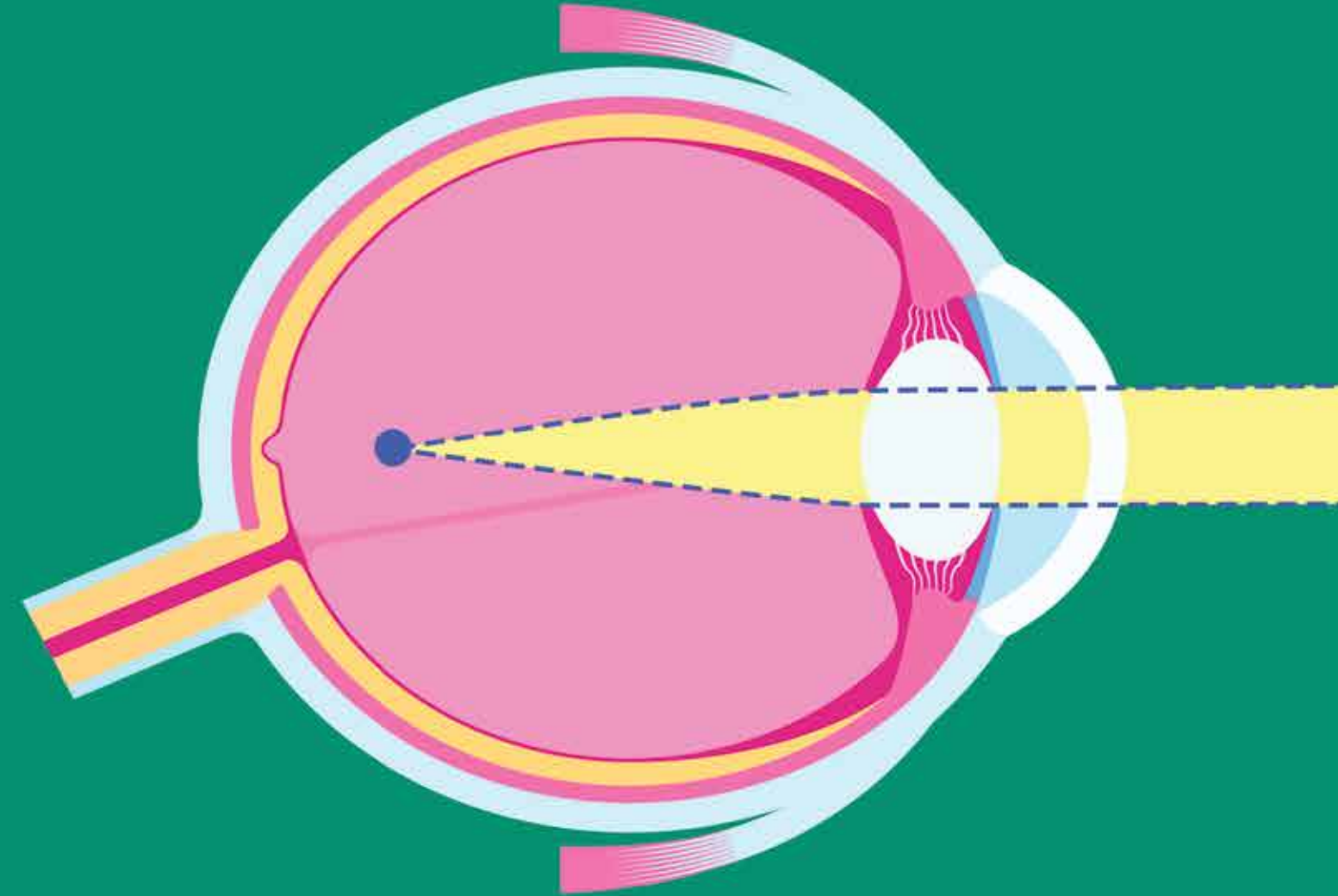
**If the pressure inside the eye, known as intraocular pressure, becomes higher than normal, it can harm the optic nerve and cause glaucoma.**



The length of the eyeball also affects vision. If the eyeball is long, the focus falls in front of the retina, making it hard to see far away. This condition is called nearsightedness.



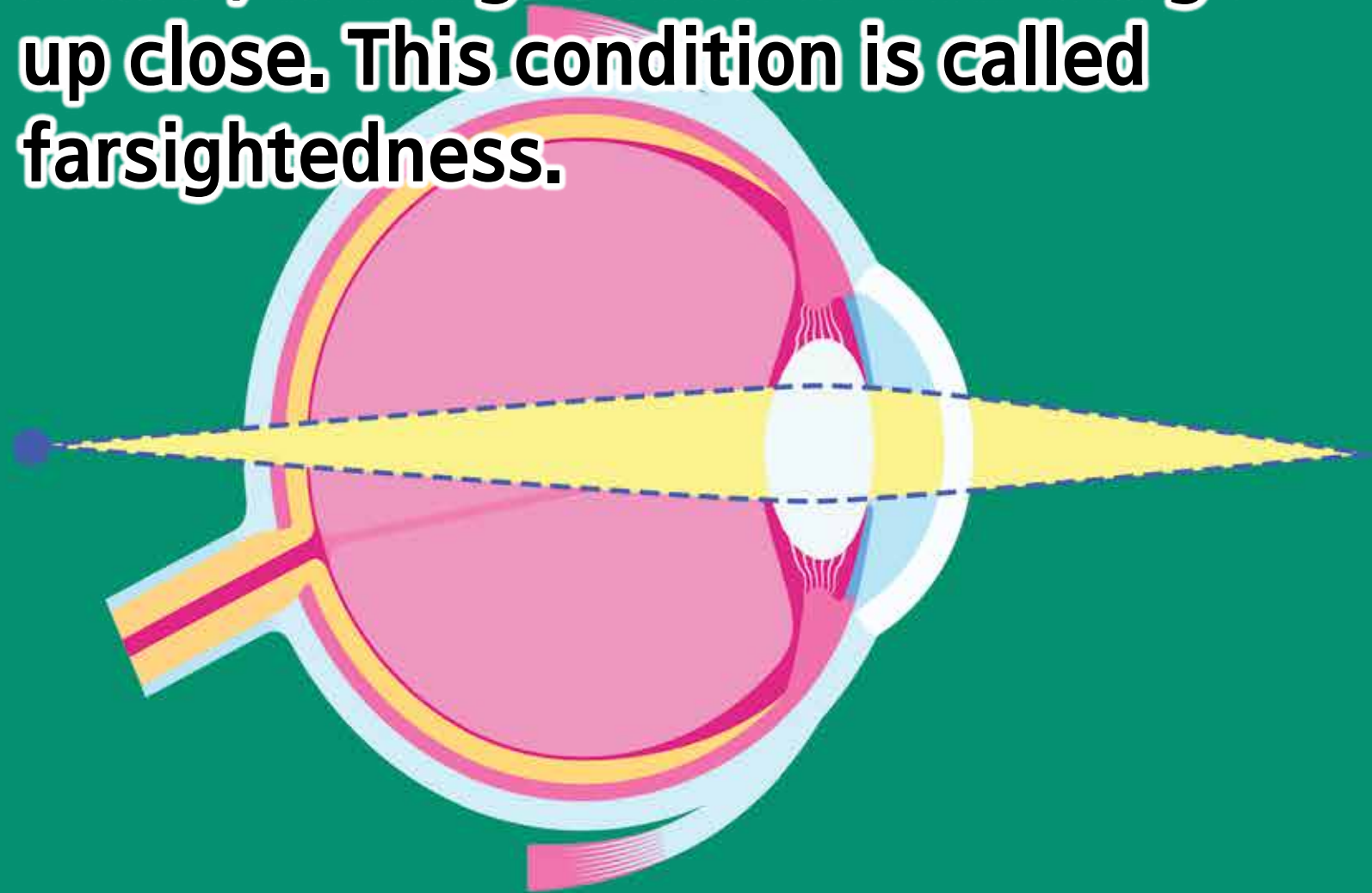
**NORMAL EYE**



**NEARSIGHTEDNESS**

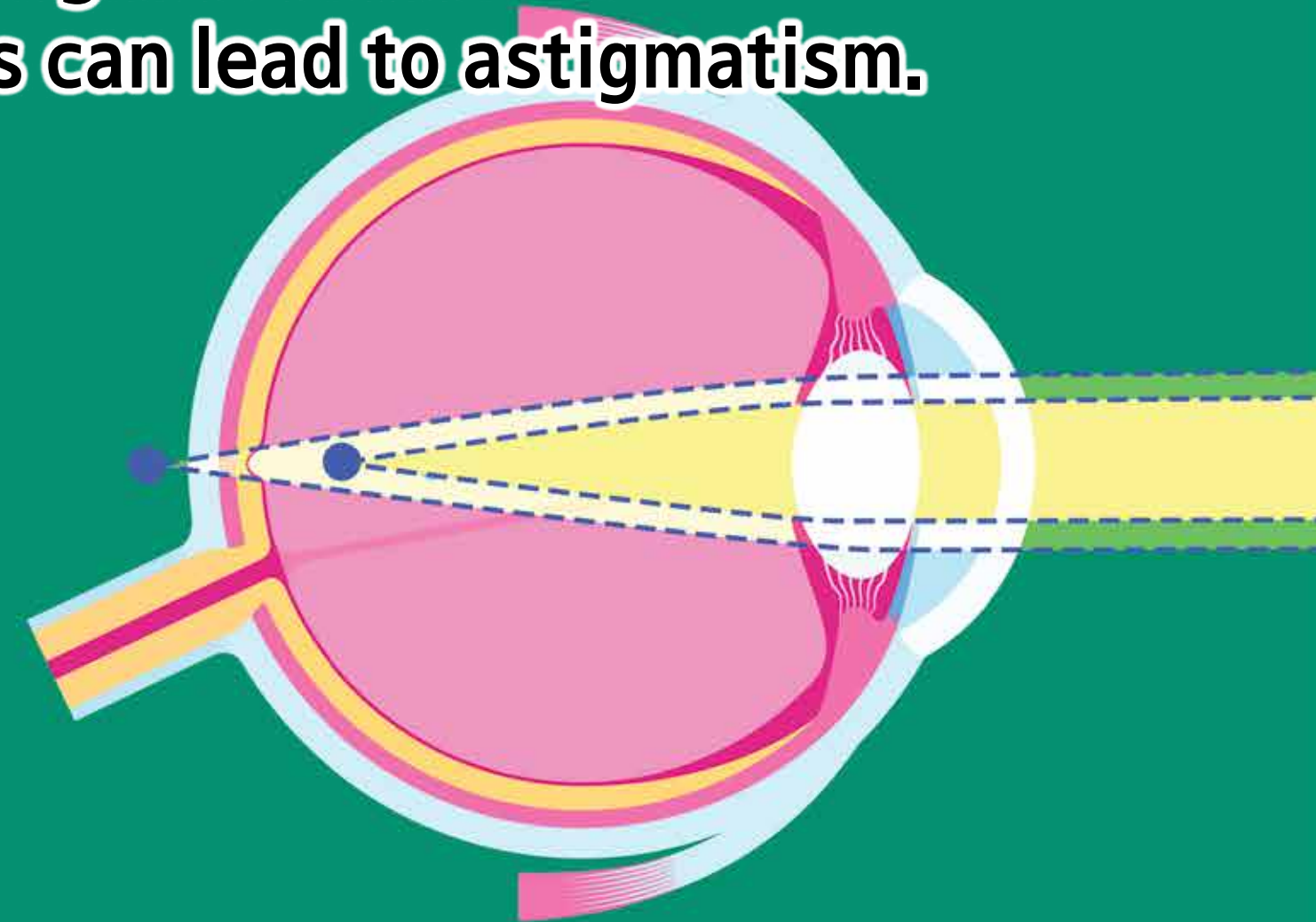


On the other hand, if the eyeball is short, the focus falls behind the retina, making it hard to see things up close. This condition is called farsightedness.



**FARSIGHTEDNESS**

If the cornea is not smooth, it can cause problems in how the light is received. This can lead to astigmatism.

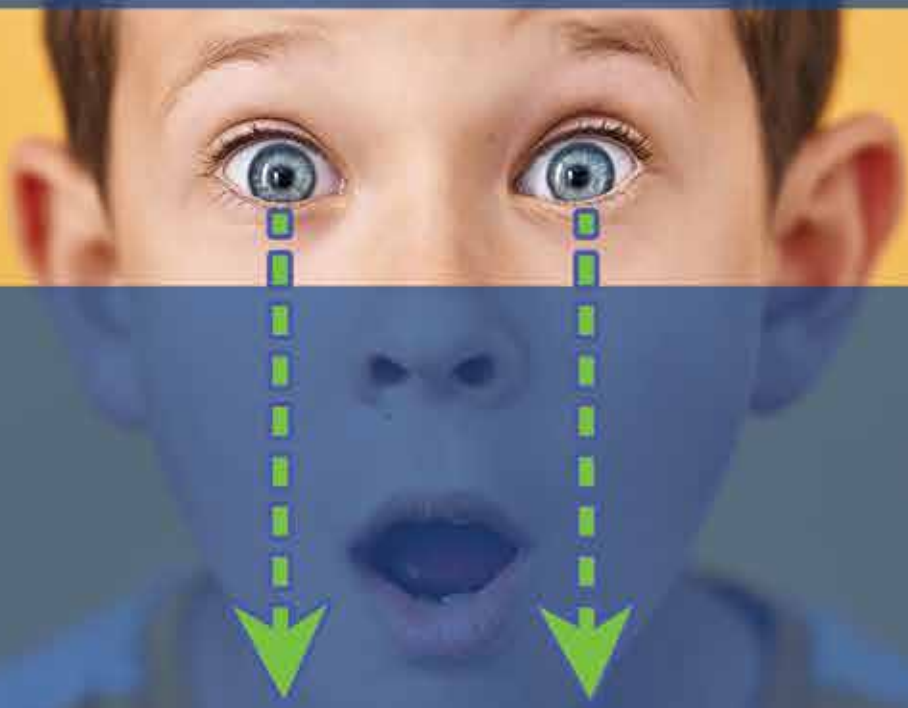


**ASTIGMATISM**



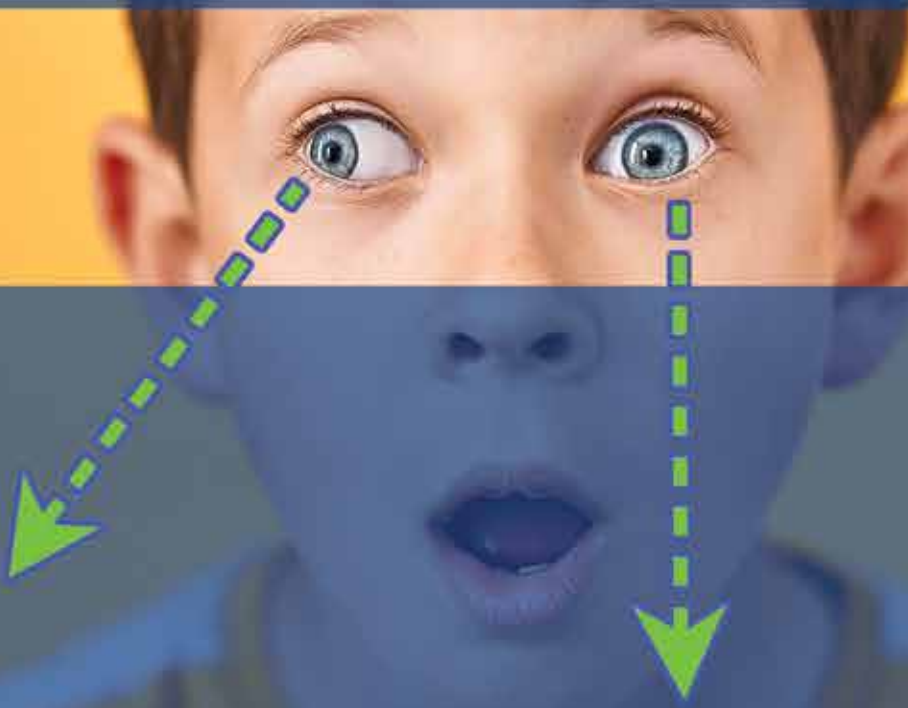
## NORMAL EYE

## STRABISMUS



A visual disorder where the two eyes look at different points is called strabismus.

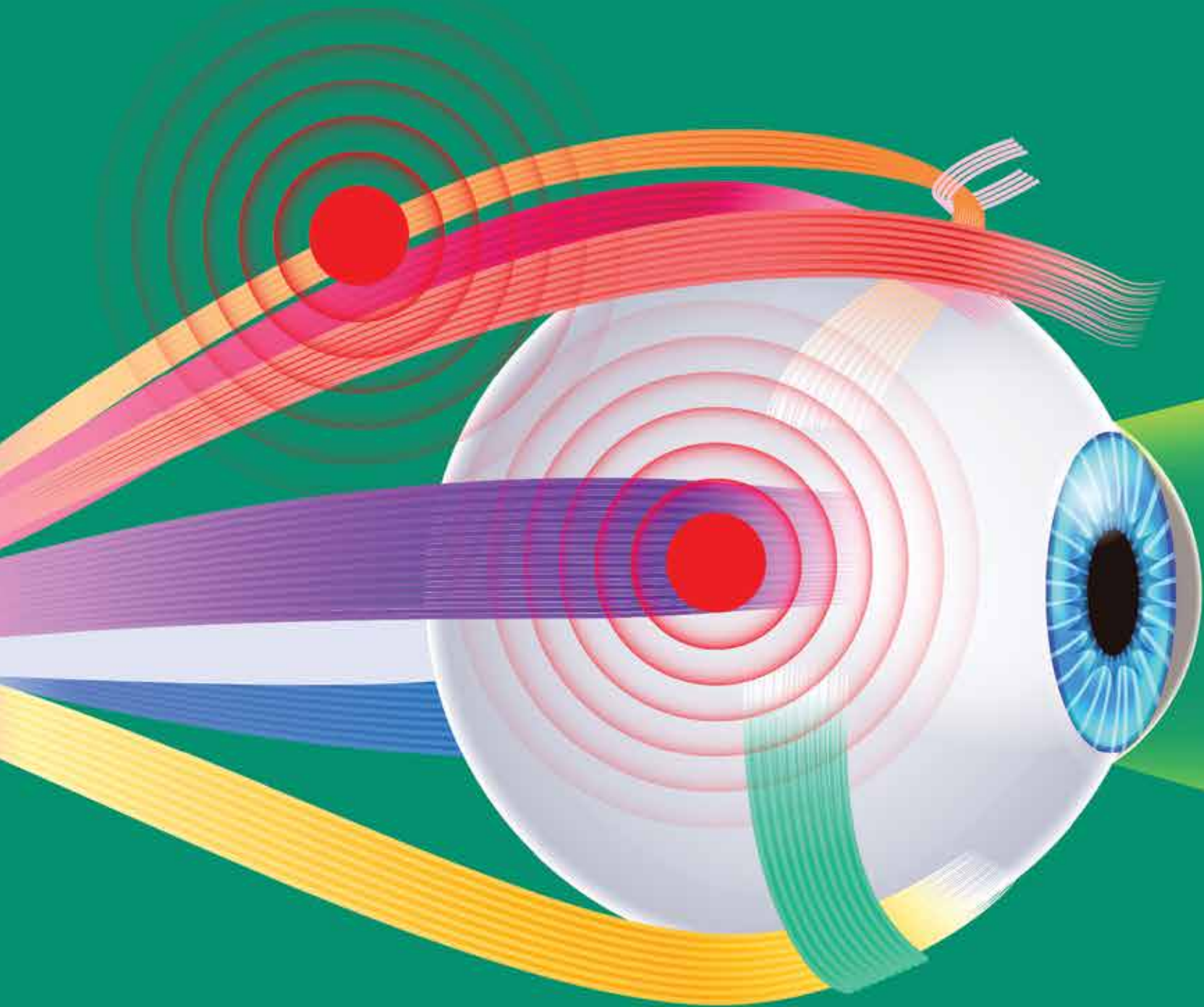
The diagram shows a child's face with two vertical dashed green arrows pointing downwards from the eyes, indicating that both eyes are looking straight ahead at the same point.



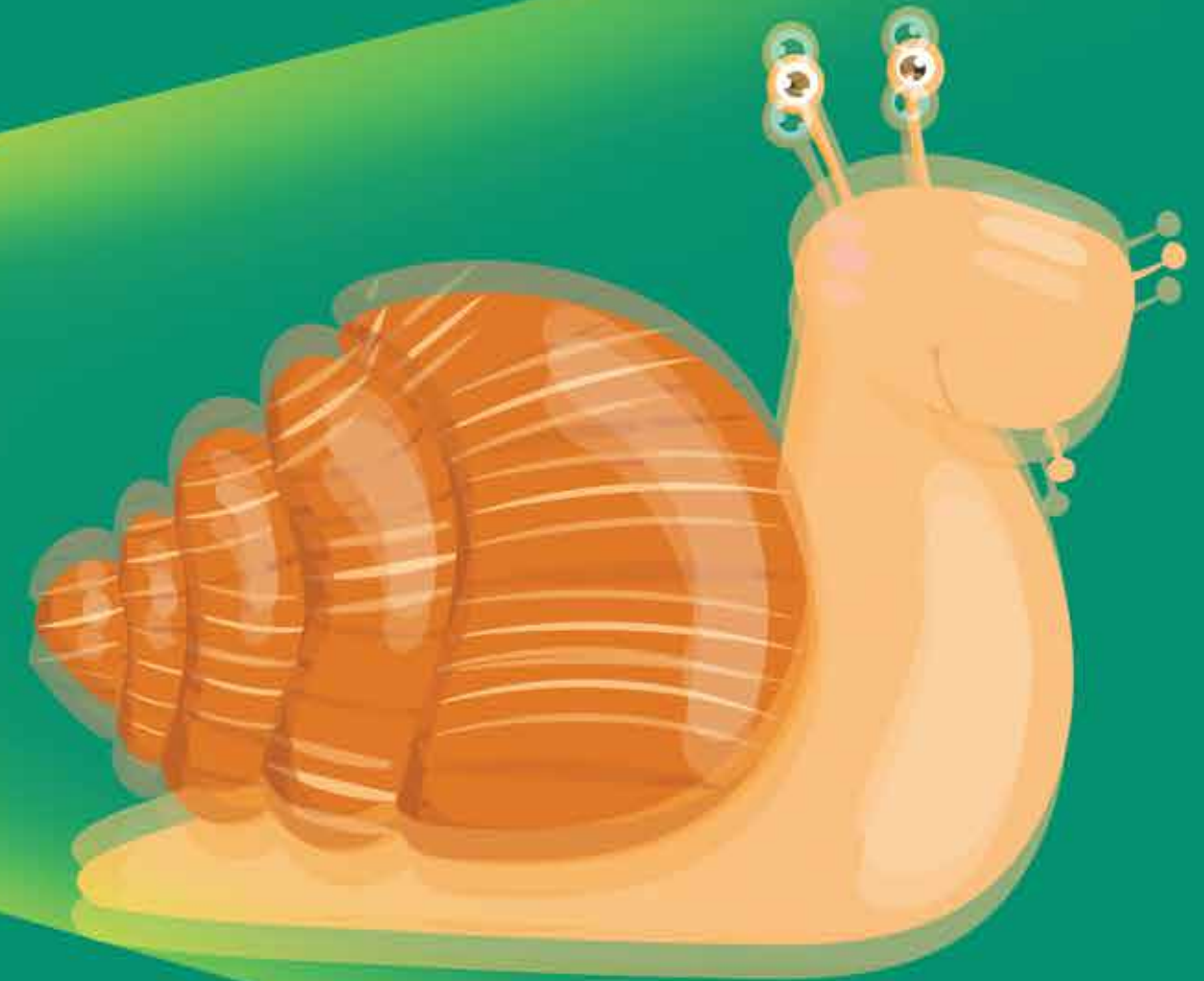
In strabismus, one eye looks straight ahead while the other eye points in a different direction. Strabismus is more common in children than in adults.

The diagram shows a child's face with two dashed green arrows. The arrow from the right eye points straight ahead, while the arrow from the left eye points upwards and to the left, illustrating that the eyes are looking in different directions.





**Strabismus can occur if the muscles that move the eyes are weak or if there are issues with the optic nerve or other brain nerves.**



**Strabismus often causes amblyopia, also known as lazy eye.**



**Even if there is nothing wrong with the eye, having vision problems that do not improve with glasses is called amblyopia.**



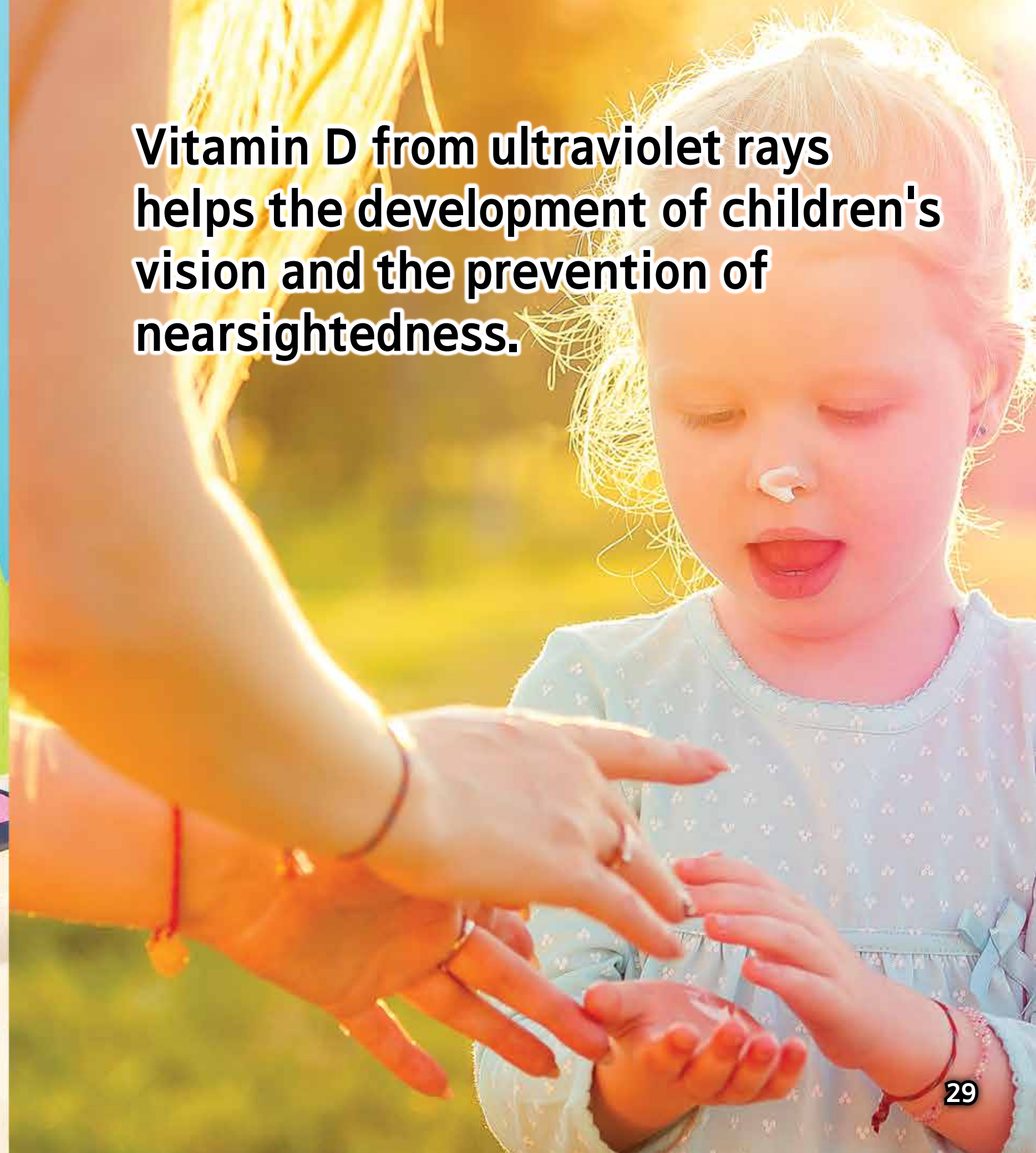
**When there is a clear difference in vision between the two eyes, the eye with lower vision is called the amblyopic eye.**



**Ultraviolet rays in summer are very strong, so we need to be careful. However, avoiding ultraviolet rays completely can also harm our health.**

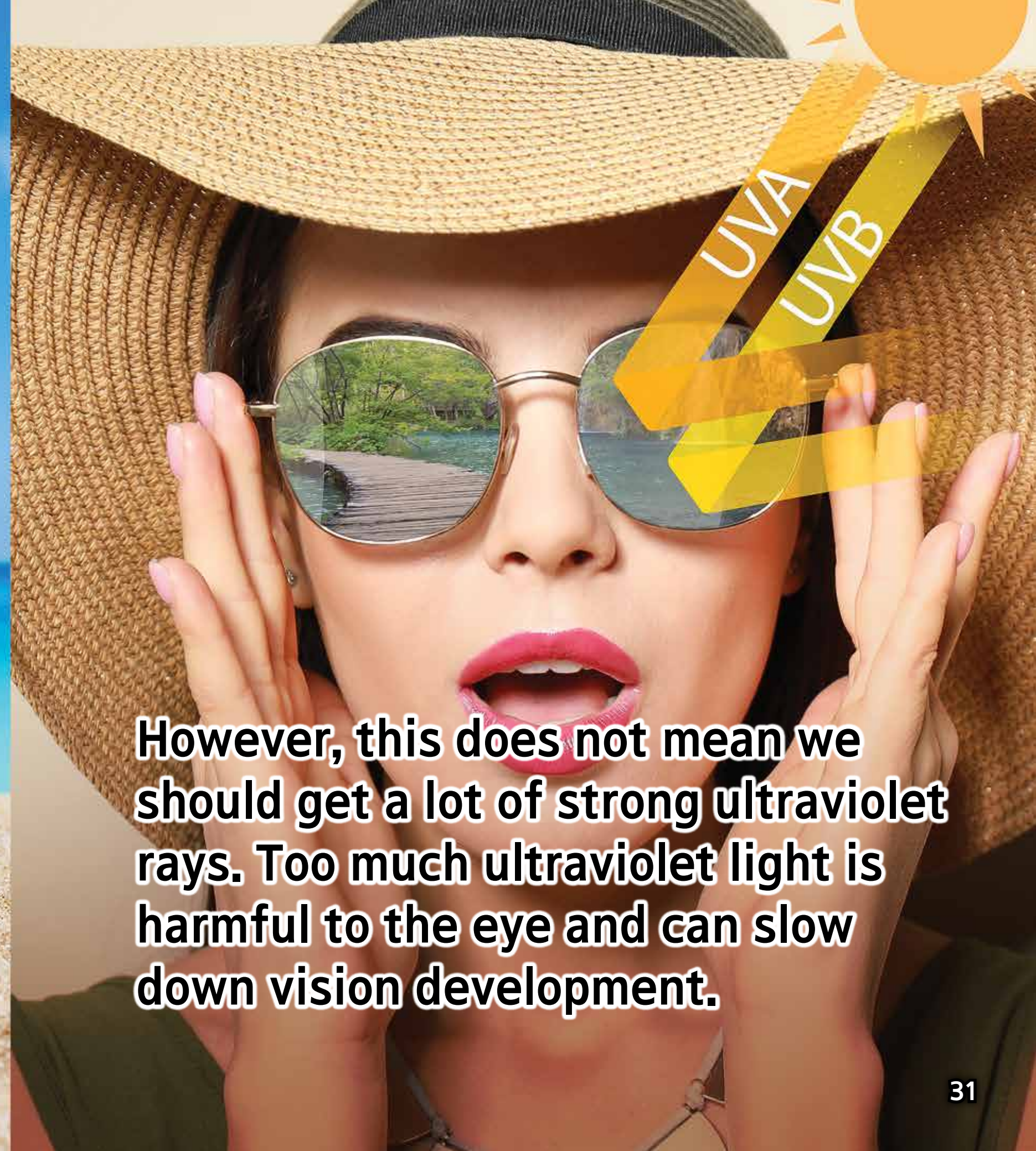


**Vitamin D from ultraviolet rays helps the development of children's vision and the prevention of nearsightedness.**



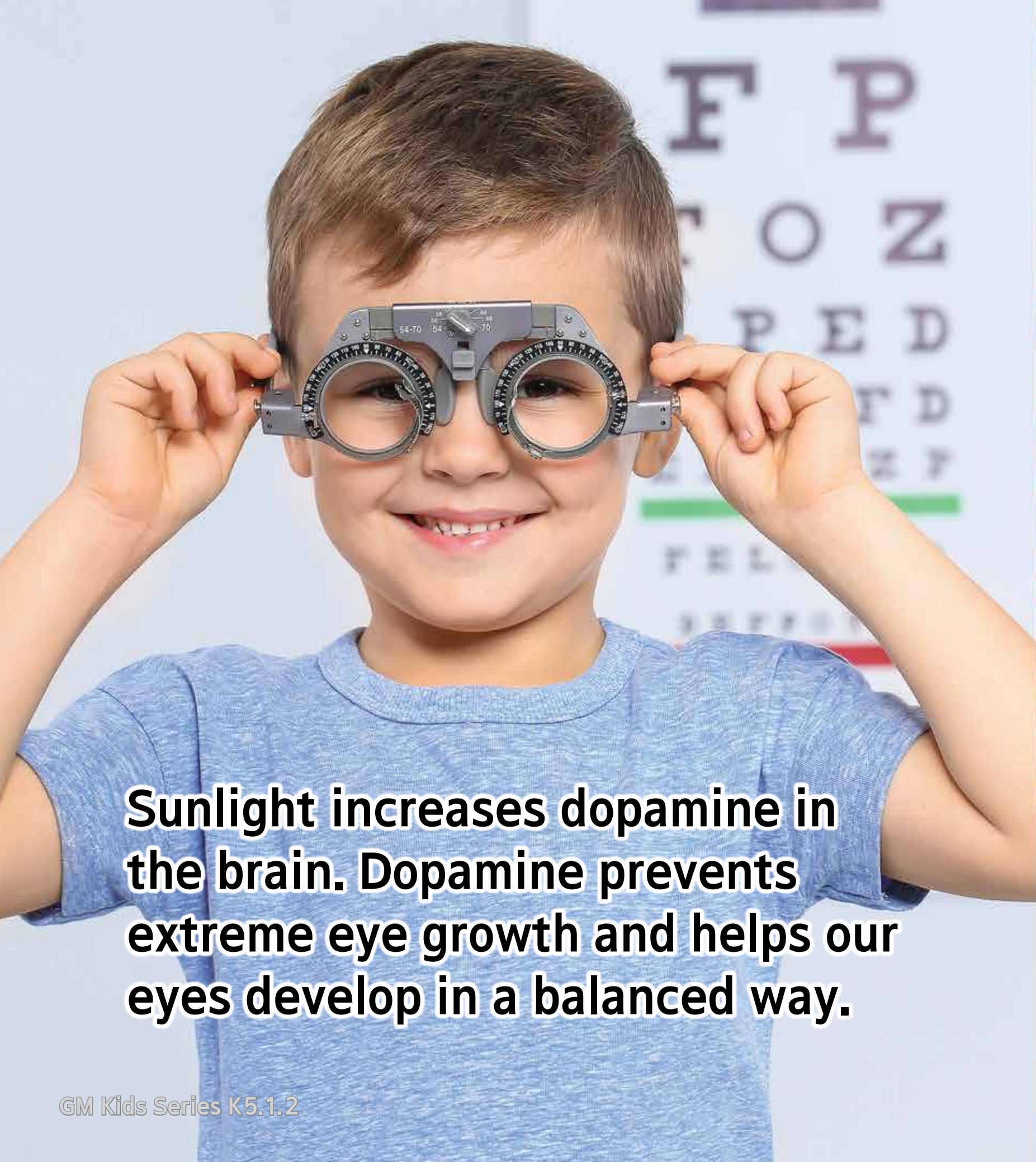


**Vitamin D helps prevent twitching under the eyes and allergic conjunctivitis, which can occur when the immune system is weak.**



**However, this does not mean we should get a lot of strong ultraviolet rays. Too much ultraviolet light is harmful to the eye and can slow down vision development.**





**Sunlight increases dopamine in the brain. Dopamine prevents extreme eye growth and helps our eyes develop in a balanced way.**



**The more sunlight we get, the lower the risk of developing nearsightedness, the risk dropping by up to 4 times. There are also research results showing that nearsightedness is reduced by about 20%.**



