

# BABLOO GOES FOR AN EYE TEST

DR. NARENDRA KUMAR



Published for the charitable trust Eye Care India by  
OPTOMETRY TODAY  
C4F/216 Janakpuri, New Delhi 110058  
<OptometryToday@gmail.com>

Written by  
DR. NARENDRA KUMAR

First 2008 edition 500 copies

ISBN 81-900-3220-8

Price: In India Rs. 200  
In overseas countries US \$ 50 air-mail

Thankful acknowledgement is made to

The charity organization Sight and Life and  
Lion Naresh Aggarwal for partly funding the project,

Printed at  
Printografix,  
New Delhi - 110058

# Babloo goes for an eye test

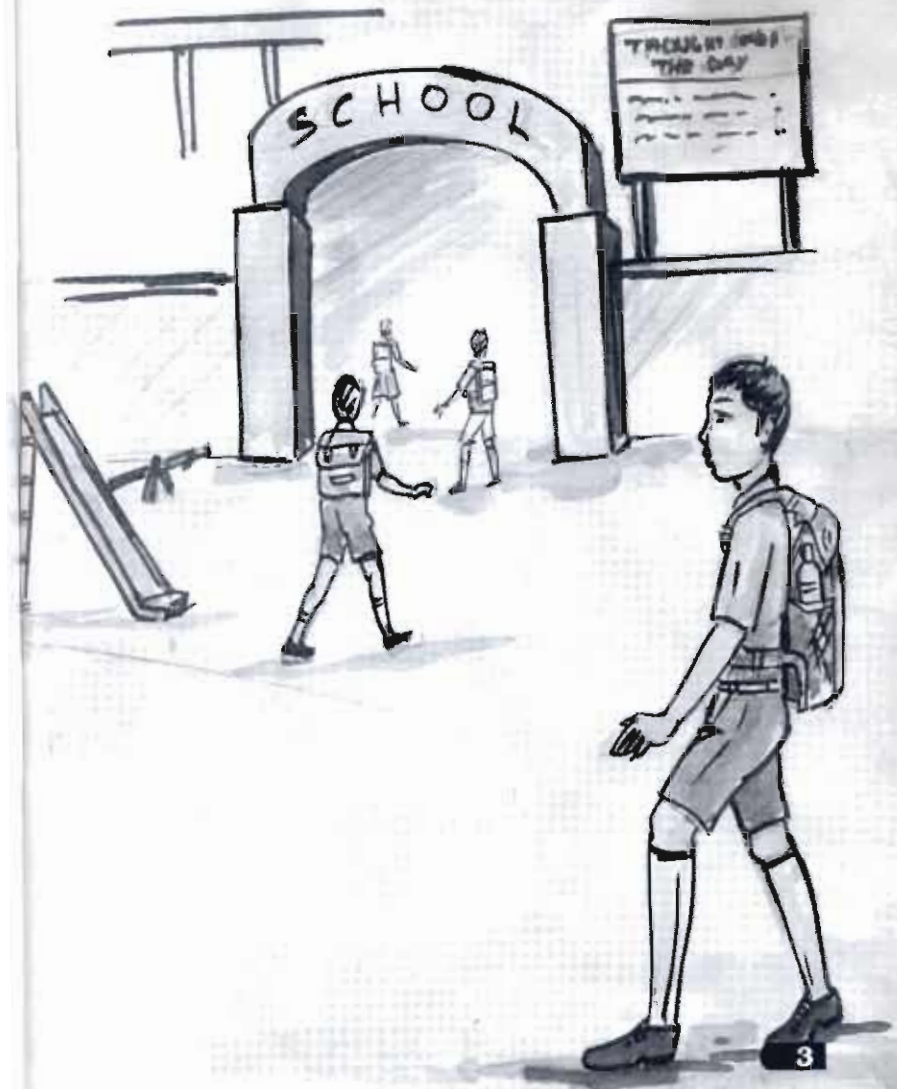
**Dr. Narendra Kumar**  
*Formerly Refractionist, Sir Ganga Ram Hospital*

Optometry Today

Babloo is a smart boy.

He is 6 years old.

He goes to school.



He completes his  
home-work in time.



He plays cricket.



He also enjoys  
Cartoon Network  
on T.V.



Shera is his sweet,  
little pet dog.





One evening, Shera is  
not in cheerful mood.

His eyes are red and  
water is coming out.

Shera seems to be  
in pain.





Babloo takes him to the  
vet-doctor in the  
neighborhood.

The doctor examines  
Shera's eyes. He gives  
some eye drops.

He says: "It is an  
infection. It will  
clear soon".



After two days, Shera's  
eyes become normal.

He starts playing  
like before.



Babloo remembers that for the past several days, he is also having problem with his eyes in school.

He sits at the back, can not see what is written on the black-board, and the teacher asks him to come on the front seat.



He tells his mother about  
this problem.

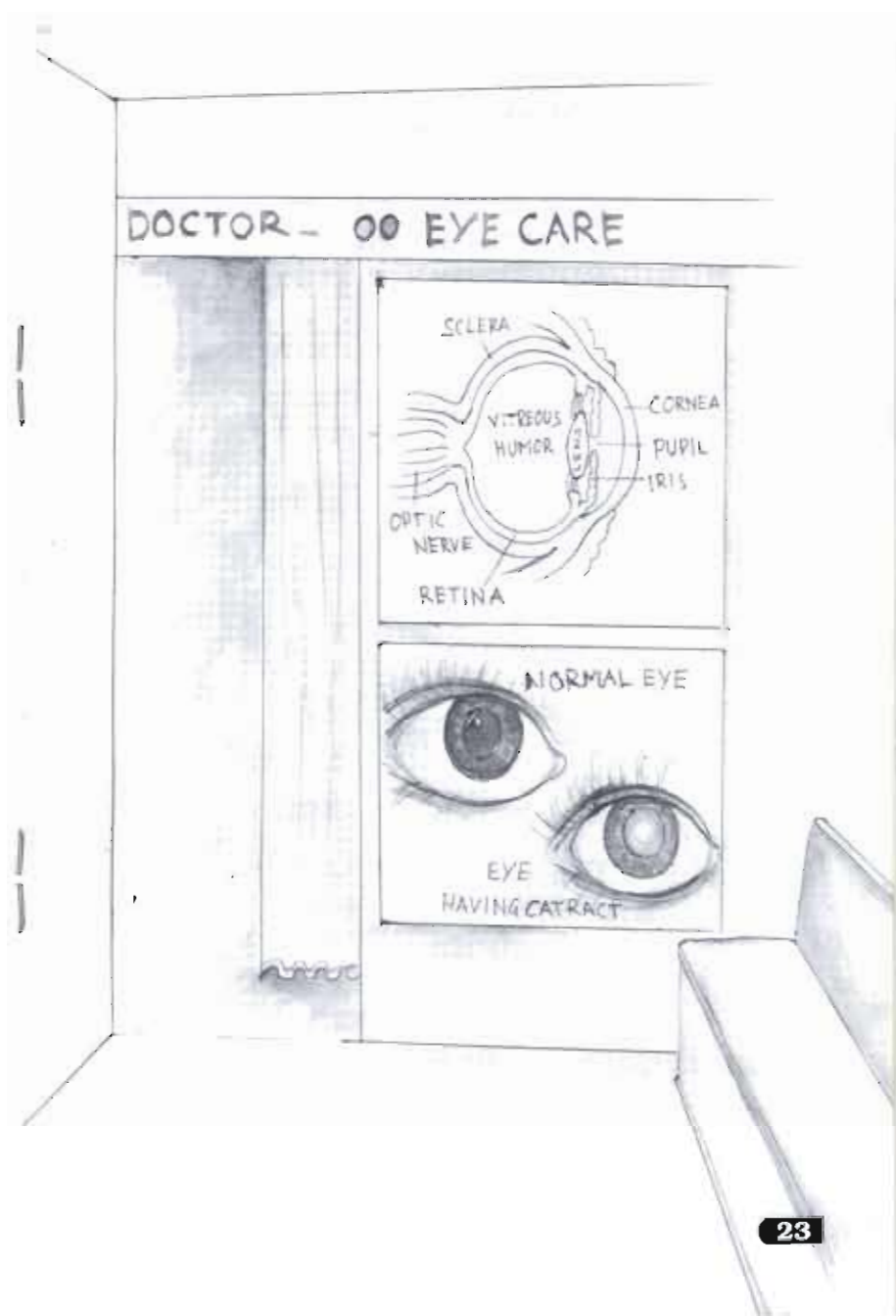
She takes him to the  
nearby optometrist-  
ophthalmologist-combine  
clinic.



While waiting in eye doctor's clinic, Babloo notices several eye-care charts.

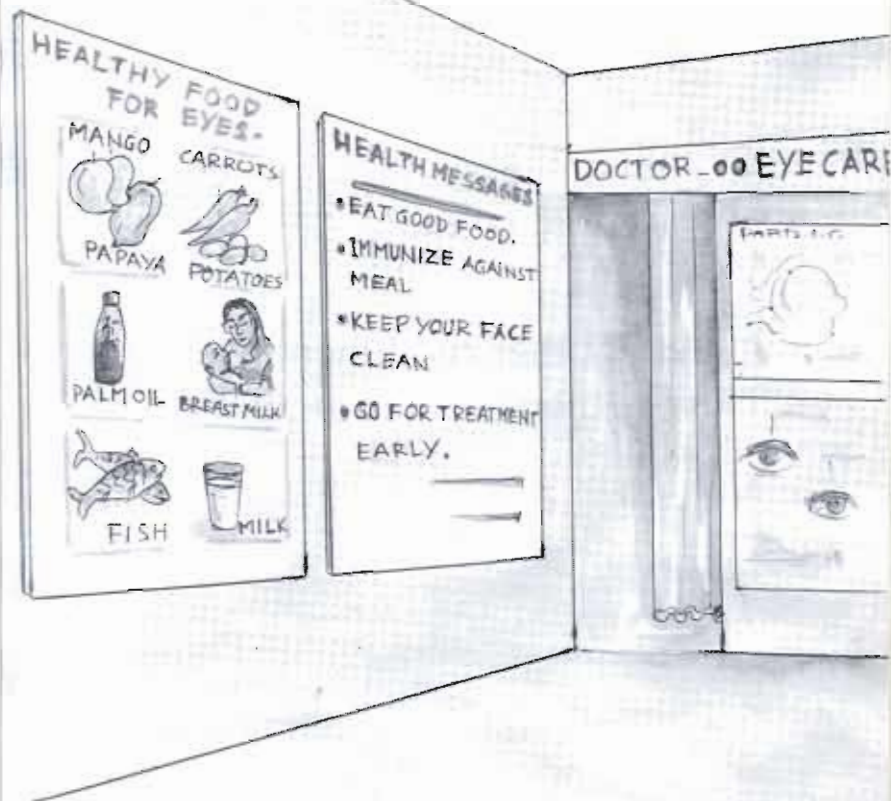
There's one on various parts of the eye that explains the work of each part.

Another one explains blindness from cataract, which is due to the eye lens becoming cloudy in old age, and which can be treated with an operation by replacing the cloudy eye lens with a clear artificial lens.



A chart lists ways to keep eyes healthy.

And another tells that “if you do not eat well you may not see well at night”, and advises the regular intake of green leafy vegetables and fruits.





Yet another chart mentions things that can hurt the eyes.

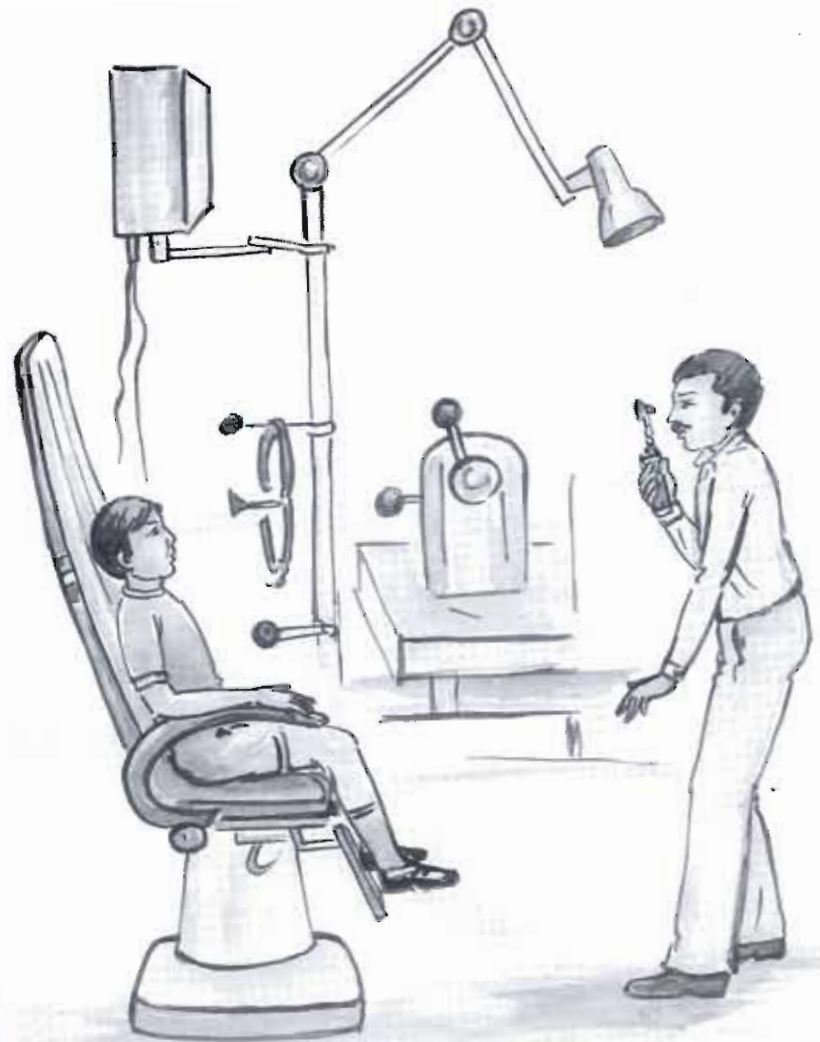




Dr. Specty examines Babloo's eyes with a torch.



He shines light on his eyes  
with another instrument.



And looks inside the eyes with  
still another instrument.



The doctor then asks him to read letters on a chart.

He places a funny-looking frame on Babloo's face, puts some lenses in it, and asks him to read again...first the big letters and then the small letters.

He asks him to come to the clinic after three days.



On second visit to the eye doctor's clinic, Babloo is given a pair of nice-looking spectacles fitted with light-weight and shatter-proof plastic lenses.

The doctor advises him to use the specs constantly.



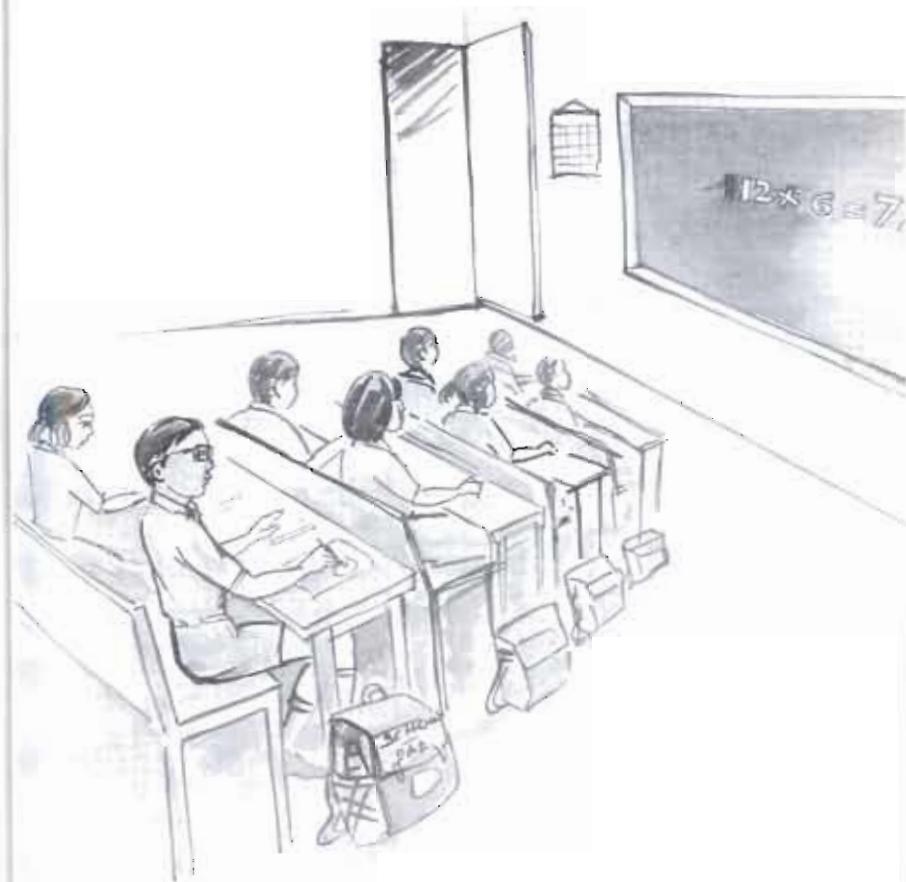
The doctor tells him that children need vitamin A for growth and good vision.

He gives him a vitamin-A-capsule.

And asks him to eat dark-green leafy vegetables and orange fruits every day.



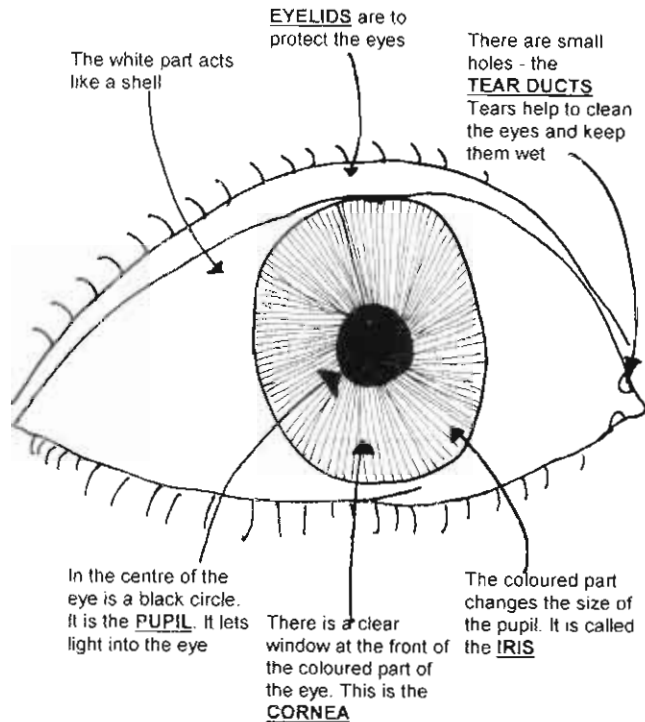
Babloo finds that he can now see clearly what is written on the black-board even while sitting in the back row in class.



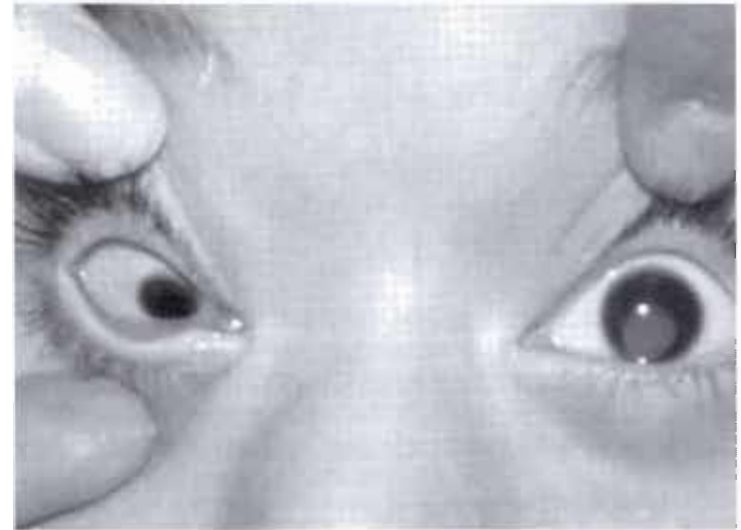


## The Parts of the Eye

### The Right Eye



## CATARACT



*Cataract in left eye*

- **Cataract** diminishes vision
- Vision can be restored back by way of cataract surgery
- If someone in your family or neighborhood suffers from cataract, encourage him/her to consult the eye doctor about cataract surgery

## You can prevent blindness in your community:

- ☺ Do not play carelessly with stones, sticks, knives, bow & arrow and other things which can hurt the eyes
- ☺ In case of an injury to the eye go to the eye doctor as soon as possible
- ☺ Keep your face and eyes clean
- ☺ Eat healthy food like green vegetables and fruits
- ☺ Do not use household medicines in the eyes
- ☺ Never try to remove if something has gone inside the eye. Always go to the eye doctor
- ☺ If there is someone who doesn't see well, encourage him/her to go for help
- ☺ Mother's milk can protect babies from blindness



*The then MBA student Ms. Mansi Gupta volunteering at Free Eye Camp*

Vitamin-A-Capsules are distributed "free" among children up to the age of 6 years by Eye Care India, through the courtesy of Sight and Life, at OphthaCare Eye Clinic, C4F/216 Janakpuri. Ph 25612301.

### AN APPEAL

Those who wish to share the joy of giving, are invited to donate towards a charitable cause, so as to make available spectacles and cataract surgery to poor patients...thereby turning a 'sad' face into a 'happy' face.

Donations may be made to Eye Care India for the below mentioned services:

- Four pairs of spectacles: Rs.2,000/- (US \$ 50)
- Cataract operation with (IOL) implantation: Rs.8,000/- (US \$ 200)

Donations to EYE CARE INDIA are tax-deductible  
u/s 80G of Income Tax Act 1961

All correspondence may please be directed to  
Eye Care India's official organ

Optometry Today  
C4F/216 Janakpuri, New Delhi 110058  
Phone +91-11-25599839, [OptometryToday@gmail.com](mailto:OptometryToday@gmail.com)

## Babló goes for an eye test

Addressing the "eye-care" issue to a young child in a simple, amusing but factual style, which children find both fun and reassuring, is the core idea behind the publication of the small, illustrated booklet "Babló goes for an eye test".

Besides being a maiden effort in writing for children on eye-care, the purpose is to create the much-needed eye-care awareness. And the highlighted areas include

- School
- Cricket
- T.V.
- Animal welfare
- Veterinary doctor
- Pharmaceutical drops
- Eye doctor (Optometrist-Ophthalmologist)
  - Battery torch
  - Retinoscope
  - Ophthalmoscope
- Distant vision test types
- Spectacle frame, and
- Plastic ophthalmic lenses

To promote the concept of basic eye-care, the booklet is intended to be circulated among nursery/primary school libraries and kept in eye care professionals' reception areas.

In India Rs. 200. In overseas countries US \$ 50 air-mail

ISBN 81-900-3220-8



## I CARE FOR EYE CARE book-mark



**REFRACTIVE ERROR** is an error in the focusing of light by the eye resulting in reduced visual acuity. It may be spherical and/or cylindrical. Too powerful optics of the eye results in myopia, and too weak power of the eye results in hyperopia. Disparity

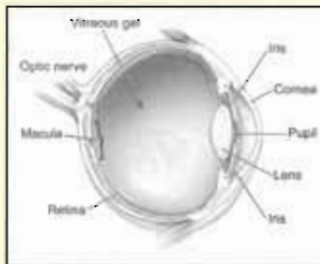
in powers of the two meridians of the eye results in cylindrical error. Diagnosis is done by retinoscopy, and management by glasses, contact lenses, or refractive surgery.



Phacoemulsification.  
Image source:  
Dr. Maneesh Kumar  
ophthacare@gmail.com

**CATARACT** is cloudiness in the crystalline lens of the eye, obstructing the passage of light. It develops usually in past middle age, but can also be caused by injury, or be present at birth. In senile cataract, there is gradual vision loss, and the condition may be potentially blinding if untreated. The only

established treatment is the surgical removal of the cataractous lens and its replacement with an intraocular lens (IOL) by way of the phacoemulsification procedure.



**DIABETIC RETINOPATHY**, or damage to the blood vessels of the retina, is a group of eye problems that may be

faced by persons suffering from diabetes. Blood vessels may become swollen and leak

fluid, and the condition may cause severe vision loss or even blindness. Detection is done by dilated eye exam, and a fluorescein angiogram test may be required wherein a special dye is injected into the arm and pictures taken as the dye passes through the blood vessels in the retina, for the retinal surgeon to identify any leaking blood vessels and providing treatment.



• Add nutrients like fruits, green leafy vegetables, eggs, and vitamins C, E and zinc to daily diet for maintaining healthy life-style.

- There may not be any signs or symptoms of many eye problems; periodic eye exam is therefore a must.
- Wear good quality sunglasses outdoors as a safeguard against harmful ultraviolet (UV) radiation.
- Prevention is better than cure; so do not play carelessly with stones, sticks, knives, bow & arrow and other things that can hurt the eyes. But in case of an eye injury, go to the eye doctor immediately.
- Since a major part of all learning comes through vision, children should never be allowed to remain with uncorrected vision.
- Those wearing contact lenses must follow recommended lens replacement schedule and maintain hygiene.

### 1-MINUTE READING BREAKS

AFTER EVERY HALF-AN-HOUR READING, USE THE "I CARE FOR EYE-CARE" BOOK-MARK AND TAKE A 1-MINUTE BREAK TO LOOK IN DISTANCE, SAY, OUT OF THE WINDOW, TO PREVENT EYESTRAIN WHICH CAN LEAD TO IRRITATED EYES AND HEADACHE.

Authored by Dr. Narendra Kumar and published by Optometry Today for the charitable trust Eye Care India, C4F/216 Janakpuri, New Delhi 110058 <OptometryToday@gmail.com> Funding by Transition's Healthy Sight for Life Fund. ISBN 81-900322-2-4.