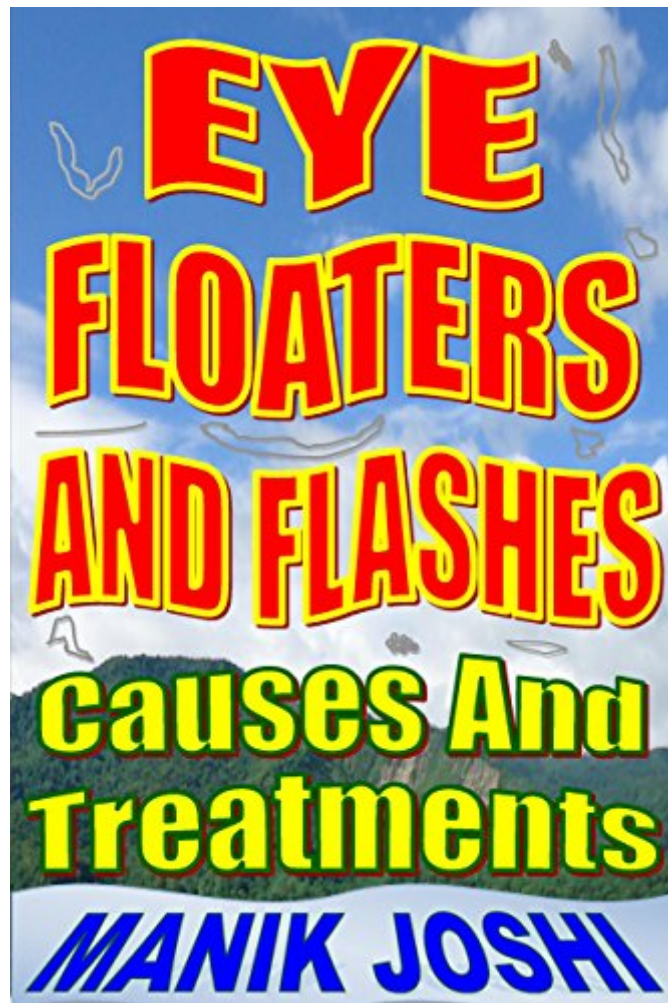


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# Eye Floaters And Flashes: Causes And Treatments



## Synopsis

REVISED EDITION - JULY 25, 2016 This Book Covers The Following Topics: 01. What are Eye Floaters? 02. Vitreous Humor 03. Eye Floaters: Causes 04. Three Special Conditions 05. Measurement of Visual Acuity 06. Eye Floaters: Treatments 07. Treatment -- (A). Diet 08. Treatment -- (B). Eye Exercises 09. Treatment -- (C). Vitamins 10. Treatment -- (D). Minerals 11. Treatment -- (E). Supplements 12. Treatment -- (F). Control Your BP 13. Treatment -- (G). Control Your Sugar 14. Treatment -- (H). Proper Hydration 15. Treatment -- (I). What to Avoid? 16. Treatment -- (J). Other Remedies 17. Treatment -- (K). Surgery 18. Eye Floaters: A True Case 19. Best Eye Hospitals 20. Useful Facts 21. References

Sample This: 01. What are Eye Floaters? Eye Floaters are oddly shaped translucent tiny bundles or clumps of gel, "floating" within the eye's vitreous humor, that appear in your field of vision. Eye floaters are also known as vitreous floaters or eye spots. Eye floaters are called *muscae volitantes* ("flying flies") in Latin. Eye floaters may be present in only one eye or both eyes. Some basic facts about Eye Floaters: -- People use the term eye floaters to describe seeing floating spots within their vision when they look around. [1] Floaters seem to be on the front of the eye, when in fact they are actually floating inside the eye. They are not imaginary and can be viewed by an ophthalmologist using specialist equipment. [2] In other words, floaters are not optical illusions. They are something your eyes actually perceive. Floaters are a common occurrence. Floaters can appear periodically or they can have a constant presence. People often notice floaters when looking up at a clear blue sky or at a blank or light-colored (white, light pink, etc.) wall or paper. Floaters are very noticeable in bright blue sky because pupils contract to a very small size, reducing the aperture, which, in turn, makes floaters more apparent and focused. Floaters, usually, appear to drift with your eye movement. Floaters can appear in one eye or both but with one eye having more floaters than the other. Different floaters may have different movements. Eye floaters are rarely a symptom of a more serious condition that could cause complete vision loss. While some floaters may remain in your vision indefinitely, many of them fade over time (in weeks or months). Eye floaters may shift in position within the eye, resulting in less of a shadow effect. The human brain tends to adapt to and become used to the presence of eye floaters. Floaters may be annoying or distracting. Anxiety about the symptom of floaters can make the floaters more noticeable. Eye Floaters and Their Shapes [3] [4] Eye Floaters are of varying shapes. Some common shapes are as follows: Amoeba Shape / Blobs / Bubbles / Circles / Clouds / Cobwebs / Dots / Flecks / Gray Clouds / Lines / 'O's / Shapes / Strands / Specks / Spots / Strings / Threads They can also appear in the form of dust or tiny insects. Eye Floaters and Their Sizes They are of varying sizes. They may be - Tiny / Small / Medium / Large / Narrow or Thick /

Long or Short Eye Floaters and Their Color Floaters are generally black in color, but they can be grey or white. Eye Floaters and Age factor Children: Floaters, usually, don't appear in children. Exception: In rare cases, some of the blood vessels and cells present in the vitreous may remain after birth. These may cause mild floaters. These may or may not go away as the child ages. Youth: Floaters can appear in youth. Adult: Floaters are not uncommon for people who are in their thirties (30-39). Old people: Floaters mostly appear in people who are over the age of 50. Only an ophthalmologist or a retina expert can determine whether or not the eye floaters represent a serious eye problem.

## Book Information

File Size: 1351 KB

Print Length: 66 pages

Publisher: Manik Joshi (March 30, 2015)

Publication Date: March 30, 2015

Sold by: Digital Services LLC

Language: English

ASIN: B00UYZ1MPI

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #668,231 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #57

in Kindle Store > Kindle eBooks > Medical eBooks > Specialties > Ophthalmology #88 in Kindle

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