



# Common Eye Problems and Their Solutions | SRG Eye Hospital



Our eyes are sensitive and prone to many conditions that as time goes by are acquired. The conditions range from minor issues to serious ones. Some eye problems are easily treated, while others may require urgent medical attention. A little knowledge regarding common eye problems and their solutions can help you enjoy [better eye health](#). Here are a few of the most frequent issues and how to address them.

## 1. Dry Eyes

Dry eye is a condition when your tear glands do not produce enough moisture or the quality of your tears is poor. The condition will make you suffer through discomfort and irritation or even blurred vision. The treatments usually take the form of over-the-counter artificial tears or prescription medications to help improve tear production. In serious cases, an eye expert may suggest punctal plugs that help your eye retain moisture.

## 2. Conjunctivitis (Pink Eye)

Conjunctivitis is the inflammation of the thin, transparent layer of tissue that covers your eye. The causes of this are usually bacterial, viral infections, or allergic reactions. The common symptom of redness of the eyes is accompanied by itching and some discharge at times, which can make the eyes glue together. Treatment depends on the cause: bacterial conjunctivitis requires antibiotic eye drops, while viral conjunctivitis usually clears up on its own. Antihistamine drops could help with allergy-related conjunctivitis.

### **3. Cataracts**

Cataracts involve a clouding of the lens in the eye that blurry vision and may cause night-time blindness. The most common type of cataract is age-related, and it develops from gradual changes within the lens. In its early stages, it may be treated with stronger glasses, but surgery is the only effective long-term treatment. In [cataract surgery](#), the cloudy lens is replaced with a clear artificial one.

### **4. Glaucoma**

Glaucoma is a disease usually caused by increased tension inside the eyeball but, if left unmanaged, results in damage to the optic nerve of the eye and the loss of vision. Prescription eye drops, medicines taken orally, or surgery may be included in the treatment for glaucoma but cannot be cured. It only helps your doctor control the pressure inside the eyes to prevent further loss.

### **5. Refractive Errors (Myopia, Hyperopia, Astigmatism)**

Refractive errors are the most frequent eye conditions, which may be nearsightedness (myopia), farsightedness (hyperopia), or astigmatism. In all these conditions, the eye fails to bend light properly, causing distorted vision. The solution is quite simple: corrective glasses or contact lenses, and in some cases, LASIK surgery can correct the vision permanently.

### **6. Macular Degeneration**

Age-related macular degeneration is a disease of the eye that affects the center of the retina, causing loss of central vision. This very slow progressive disease has no cure, but dietary modifications and additional supplements and wearing protective eyewear can perhaps slow this process. Severe forms can be treated with injections or laser therapy or low-vision devices.

### **7. Eye Strain**

With increased screen time, eye strain has become a common ailment. The best way to prevent eye strain is to simply use the 20-20-20 rule: every 20 minutes, stop and take a 20-second look at something 20 feet away. Also, adjust brightness on your screen and make sure you are sitting the right distance from the screen.

Though most of the common eye problems can be managed with simple solutions, periodic visits to a [Best eye specialist](#) find the severe ones. Being informed and receiving the treatment at the right time will keep you away from eye problems for years together.