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College Writing
February 7, 2023

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IMPORTANCE OF EYE CARE

It is very important that we take strict responsibility in taking great care of our eyes, our eyes are one of the most important parts of our body and our eyes help us function through everyday life. Our eyes are one of our greatest muscles and help one of our senses sight, if you do not have the proper ability to see it will impact your way of navigating through your everyday lifestyle. If you do not take care of your eyes you can possibly damage eyesight and possibly become blind everyone eyes function in different ways.

When you show urgent care for your eye vision it can really change your life. As your age increases and as years pass by, our eye vision tends to change which is why it is important to go to the eye doctor to get your eyes checked. The vision change is called “presbyopia, this occurs because your lens inside of your eyes are becoming less flexible”. Without this flexibility in our eyes we don't have the ability to change focus on objects that are at a far distance. This is why it is important that you get your eyes checked and get them cared for.

Having poor eyesight is very dangerous for many reasons. Having poor eyesight and loss of vision have been linked to “loneliness, social isolation, and feelings of worry and anxiety, as well as fear. Vision loss can negatively impact your mental health and quality of life, and it can physically put you in danger causing some people to fall and injure themselves accidentally. You can also detect other diseases from your doctor looking into your eyes like diabetes, thyroid disease, and many other autoimmune diseases.

There are many ways to prevent loss of vision and to keep your eyes healthy. The first key of keeping your eyes healthy and a good vision is to have a comprehensive dilated eye exam and a designated and specific eye doctor who knows your family's eye history. Keeping your eyes healthy is very important, Secondly to keep your eyesight and vision healthy you must eat healthy and maintain your blood sugar levels by obtaining healthy food and eating habits, also maintaining a healthy weight and lastly wear protective eyewear when doing physical activities such as sports.

Us being human beings and even animals our eyesight is very important. Good eyesight helps the human brain function better when learning. Having great visual acuity impacts athletes positively. It gives them the ability to catch, kick, or hit a ball that is moving quickly. Having great visual acuity also gives athletes the upper hand on having accuracy throwing or shooting a ball. As for animals, great eyesight gives animals the

ability to catch prey correctly and to prevent prey correctly also. Great visual acuity also gives some animals the ability to be nocturnal and survive in the dark.

We only have one pair of eyes so it is important that we treat our eyes with great care so that we can maintain a great eyesight and prevent our eyes from becoming unhealthy and a loss of vision. It is hard to maintain a stable and healthy mindset and life with bad eyesight.