Press Release

Environmental Impact on one’s Eye Health

New Delhi, November 21, 2016: Expanding areas of arid land, air pollution and greater exposure to ultraviolet (UV) radiation all present potential health hazards to the eyes. The cornea, eyelid, the sclera and even the lens—are all exposed directly to the environment.

Rising temperatures and shifting atmospheric circulation patterns force dry air into regions. Drier air means that more people are likely to suffer from dry eye, a condition in which tears aren’t produced properly or evaporate too quickly. There is no evidence that drier conditions cause dry eye but they can accelerate symptoms in people who are prone to dry eye.

Air pollution has long been linked to respiratory disorders; more recently it’s been shown to play a role in eye disease.

Exposure to wood or charcoal cooking fires—ubiquitous in many developing countries—appears to accelerate the scarring caused by trachoma. Recurrent infections over a lifetime lead to scarring inside of the eyelids, which in turn causes the eyelashes to turn inward and brush against the cornea, eventually resulting in damage that impairs vision.

Speaking about this, Padma Shri Awardee Dr. KK Aggarwal - President HCFI and National President Elect IMA said, “Ozone depletion can lead to higher levels of UV light exposure, which is a known risk factor for cortical cataract. Chronic exposure to the sun’s damaging rays can alter the orderly arrangement of proteins in the lens of the eye or damage lens epithelium, causing the lens to become cloudy. Wearing a hat can reduce UV exposure by 30%. Sunglasses, even simple plastic lenses that offer full UV protection, can reduce exposure by nearly 100% and should be used judiciously”.

Entire community should take note of the severe damage that can be caused to the eyes. It becomes all the more important to note these precautions, as Indians tend to be vitamin D deficient.

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About Heart Care Foundation of India

Initiated in 1986, the Heart Care Foundation of India is a leading National NGO working in the field of creating mass health awareness among people from all walks of life and providing solutions for India's everyday healthcare needs. The NGO uses consumer-based entertainment modules to impart health education and increase awareness amongst people. A leading example of this is the Perfect Health Mela; an annual event started in 1993 that is attended by over 2-3 lakh people each year. The Mela showcases activities across categories such as health education seminars and check-ups, entertainment programs, lifestyle exhibitions, lectures, workshops, and competitions. In addition to this, the NGO conducts programs and camps to train people on the technique of hands only CPR through its CPR 10 mantra for revival after a sudden cardiac arrest.
They currently hold three Limca book of world records for the maximum number of people trained in hands-only CPR in one go. Keeping article 21 of the Indian Constitution in mind, which guarantees a person Right to Life, Heart Care Foundation of India has also recently initiated a project called the Sameer Malik Heart Care Foundation Fund to ensure that no one dies of a heart disease just because they cannot afford treatment.

For more information, please contact

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