



October 13th, 2022



World Sight Day is an annual event that aims to raise awareness on the importance of good eye care around the world. Almost 2.2 billion people; a quarter of the world's population, have visual impairment. Sadly, nearly half of these impairments could have been prevented or even avoided.

Eye care is more than just spectacles or contact lenses. Many adverse health conditions such as Diabetes Mellitus, hypertension, stroke-risk, dyslexia, cholesterol and eye conditions such as glaucoma, cataracts and squints, can be detected during a routine eye exam. Severe, life-threatening conditions, such as intracranial hypertension and brain tumors often exhibit ocular signs as well.



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The Trinidad and Tobago Optometrists Association (TTOA) joins with the International Agency for Prevention of Blindness, by calling on eye care providers to prioritize eye care and ensure that it is **affordable, inclusive and accessible** to everyone in Trinidad and Tobago.

 <p>WE WANT AFFORDABLE GLASSES SO EVERYONE CAN SEE CLEARLY</p>	 <p>WE WANT ACCESSIBLE EYE CARE FOR EVERYONE EVERYWHERE</p>
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**WE WANT
AVAILABLE SIGHT TESTS
FOR ALL AGES AND
ALL LIFE STAGES**

Eye health impacts many aspects of our lives including psycho-social development, education and employment.

 **YOUR EYES**

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As part of the “Love Your Eyes” campaign, here are
the 4Ps that may enhance your eye health and general well-being:



YOUR EYES

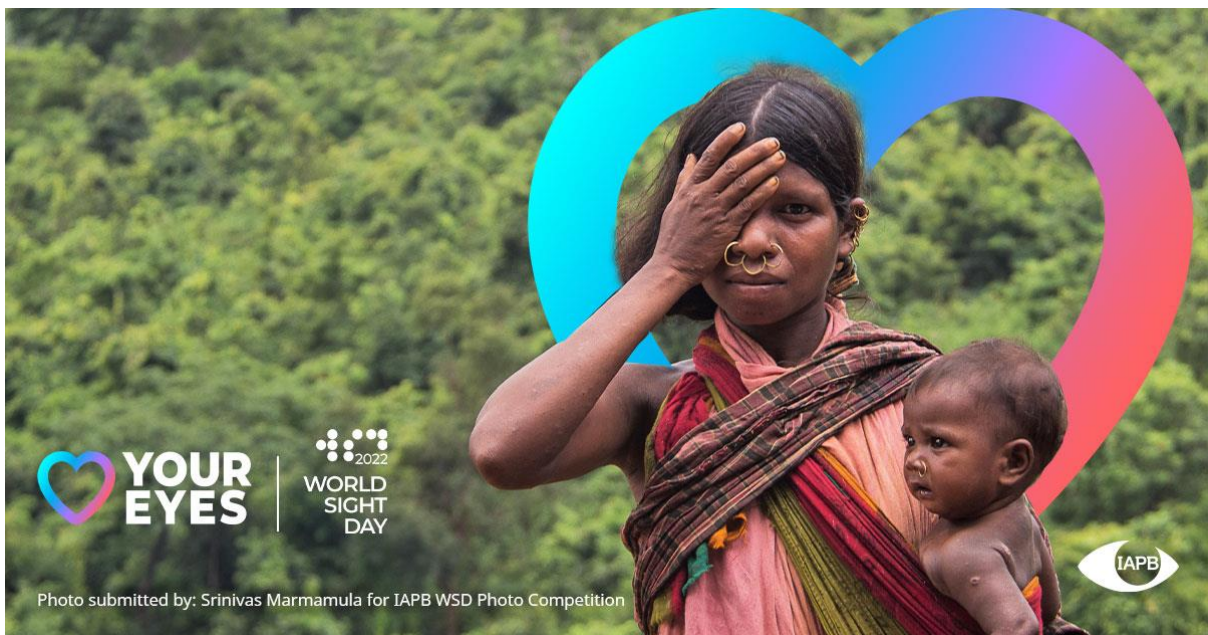
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Prevent- Choose a healthy lifestyle that consists of exercise, no smoking, and a healthy diet that includes fruits and vegetables that are rich in Vitamins A, C and E, zinc and lutein. Ensure that blood glucose levels, blood pressure and cholesterol levels are within normal limits.



Protect- Wear protective eyewear when in hazardous environments, such as mowing the lawn, high impact sports and D.I.Y. projects. Remember to thoroughly remove all eye makeup and accessories, while practicing good hygiene. And of course, observe the 20/20/20 rule in order to prevent symptoms of fatigue.

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Preserve- Ensure that you have regular eye exams by registered optometrists and/or ophthalmologists.



Prioritize- Make loving your eyes part of your life and include an eye exam in your annual general health check.

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Optometrists, Opticians and Optical practices are required by law, to register with the Trinidad and Tobago Opticians Registration Council as stated in the Opticians (Registration) Act. Additionally, the sale of spectacle frames, spectacle lenses and contact lenses are also legally regulated by this Act.

Entrust your eyes to qualified and legally registered professionals. We urge you to trust your precious eyes and the gift of sight with someone who is qualified and legally established.

TTOA advises that you check with the TTORC to ensure is that your practitioner and optical provider are registered to practice with the TTORC via the email address at ttorc@outlook.com



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