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See sharpness decrease main reasons

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Abstract : Eye _ of a person the most a lot working from the members is one Now office in offices sitting down of those who work in most of them to see ability is decreasing . The reason simple : on paper different in size with letters texts , computer in front long sitting down to work , to the phone long waiting ... On the beach , home after going , " blue" . from the screen the eye we won't stop . Such any strain _ _ sharp the eyes are also tired . This process to stop is it possible.

Key words : Eyes , sight sharpness , galvanic schedule , schedule.

Eye _ of the muscles not working Around items our vision the eye to the curtain depend _ If regular respectively the eye texts and computer from the screen if we don't take it , eye gem muscles weakened and relaxed remains . Not working any put _ _ muscle and more and more weakened , the form loses .

What to do do you need Long and close always good to see for the eye muscles exercise it is required to do . Exercise very simple : attention in total , before distant to items , then to those who are close from time to time is considered .

Get in the net aging _ Eye _ bag cells to see help giving to the light impressive of pigments organize found _ Young as they grow older disappear goes and to see ability decreased goes _

What to do do you need Opportunity until contains vitamin A many p has been products (carrots, milk , meat , fish consumption of meat to do recommendation will be done . View pigments to restore blackberry too good benefit gives _

Blood rotation deterioration . Man in the organism all cells blood veins through is fed and breath takes _ Eye _ bag worthless blood rotation suffering from disorder sees _ Ophthalmologists eye _ the bottom Even when checking , it's serious attention looks _ In cages blood rotation violation heavy to diseases take coming can _

What to do do you need Often eye _ doctor apparently past stand up He is blood rotation improving drug and preparations appoints _

Look _ too much except stress _ Eye _ from behind excess both bright and sub - standard light strong is tense .

What to do do you need First of all , go light or dim in the light from working abstinence it is necessary On the street to the sun against glasses wearing walking recommendation will be done . Small with letters texts do not read and dim in the place not working need _ In transport It 's very cold harmful _ Uneven light _ and splashing to see ability negative effect does _

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Eye of mucus dry up stay _ Images clearly in sight the eye of mucus cleanliness very important _ Why , from him from items returned , broken light _ passes . And he young liquid with wash stands up Therefore _ eyes _ dry up while remaining to see it gets worse .

What to do do you need From the eyes one by one young come standing useful and natural _ Some onion net' grab , eyes rejuvenates , some drop from drugs uses _ Har both condition too good Naf gives _

View sharpness of the eye from each other somewhat in the distance is located two point separately to see ability , that is the eye sharpness indicator . 1.0 magnitude to see sharpness is the norm (that is , 100 percent) . Man from the norm more than to see sharpness too have to be can _ For example , 1.2 or 1.5. However mostly people poor vision _ _ sharpness has — 0.8, 0.4 or 0.05 and etc. _

In practice of a person the item sure to see the distance we will check . For example , see acuity was 1.0 man car number 40 meters from a distance read take can _ See _ those with a sharpness of 0.4 while numbers from 16 meters according to they get

See _ sharpness optotype special tables based on is determined . Golovin-Sivsev The table is especially wide spread - it is ophthalmologists in his room hangover _ stands _ Such the table yourself _ print it out and use it at home can _

See _ sharpness to check intended tables different in size one type from the characters consists of - this letters , various sides disconnected rings (Landolt ring) or pictures (children for) to be can _ There is a first such The Dutch made the table in 1862 ophthalmologist G. Snellen thinking found - he is still abroad is used . in Russia ophthalmologist D. Sivsev work similar to the one that came out table is used . It is a letter and Landolt from the rings organize found _

The table preparation for non-glossy white from paper is used . Each _ paper _ size should be A4 when printed need , destination — album appearance _ Three print them on paper _ _ to each other paste and the table to the wall installation can : see sharpness 10th row eye when checking level to be necessary _

See _ ability from checking before the table lamp using lighting necessary _ Each _ eyes _ individually let's check : one the eye palm with close and in the second the letters we read Closed eyes _ we don't close . Table 5 meters from the eye in the distance is located to be a must Symbols 2-3 seconds to detect time is separated .

See _ of sharpness digital meaning from the norm more than to the error road did not put last the letter V in the line meaning equal to

V=0.3–0.6 in the line from one , V>0.7 in line from two more than to the error road _ did not put see if you are sharpness complete is considered

If you see sharpness is lower than 1.0 , i.e below conditional 10th row the letters if you don't see or almost never one if you do not progress , from the professional opinion of an ophthalmologist to pass advice we give There _ to see all your abilities check — eye refraction , eye bottom , vision of the device functional and anatomical features and etc. _

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