



## Global Telangana Forum Hosts Eye Care Awareness Seminar in Jeddah

### Description

**Jeddah:** The Global Telangana Forum, a distinguished social organization committed to community welfare, successfully hosted an **Eye Care Awareness Seminar** in Jeddah. The event witnessed an overwhelming response from community members eager to gain insights into eye health and preventive care.

The seminar commenced with a warm welcome by **Mr. Mohammed Layeeq, Vice President of the Global Telangana Forum**, setting the stage for an informative session. The keynote address was delivered by **Dr. Altaf Akbar**, a renowned eye specialist from **Akbar's Eye Hospital, Hyderabad**. Drawing from his vast experience in eye care and surgeries, Dr. Akbar provided a deep understanding of common eye diseases, their symptoms, and preventive measures in a manner that was easily comprehensible to the audience.

### Key Eye Health Issues Discussed

Dr. Akbar explained various **eye conditions**, their symptoms, and the importance of early detection:

- **Myopia (Near-Sightedness):** Difficulty in seeing distant objects clearly.
- **Hyperopia (Farsightedness):** Struggles with focusing on nearby objects.
- **Astigmatism:** Blurred vision due to an irregularly shaped cornea.
- **Presbyopia:** Age-related difficulty in reading up close.
- **Dry Eye Syndrome:** Caused by insufficient tear production, leading to redness, irritation, and blurred vision.
- **Digital Eye Strain:** A result of excessive screen time, leading to headaches, fatigue, and dryness.
- **Conjunctivitis (Pink Eye):** Inflammation due to infections or allergies, causing redness and discharge.
- **Cataracts:** Clouding of the lens, which can impair vision and typically requires surgery.
- **Glaucoma:** Increased eye pressure leading to optic nerve damage and potential blindness.
- **Macular Degeneration:** Affects central vision due to retinal deterioration, causing difficulty in recognizing faces.
- **Diabetic Retinopathy:** Vision loss due to diabetes-induced damage to the retina.

- **Eye Allergies:** Triggered by dust, pollen, and pet dander, causing itching and swelling.
- **Retinal Detachment:** A medical emergency where the retina pulls away, leading to sudden vision loss.

## Practical Eye Care Tips

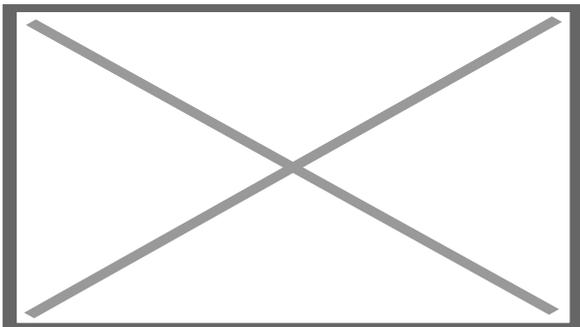
In response to participants's queries, Dr. Akbar emphasized **simple yet effective habits** to maintain good eye health:

1. **Eat a nutritious diet** rich in Vitamin A, C, and E.
2. **Stay hydrated** to prevent dry eyes.
3. **Maintain a safe distance from screens** to reduce strain.
4. **Blink frequently** while using digital devices to retain moisture.
5. **Avoid reading in dim lighting** to prevent eye fatigue.
6. **Wear UV-protected sunglasses** outdoors to shield from harmful sun rays.
7. **Avoid rubbing your eyes**, which can introduce bacteria and infections.
8. **Regulate screen usage** and adjust brightness for visual comfort.
9. **Schedule annual eye check-ups** for early detection of issues.
10. **Practice proper hygiene**, washing hands before touching the eyes and replacing contact lenses as advised.

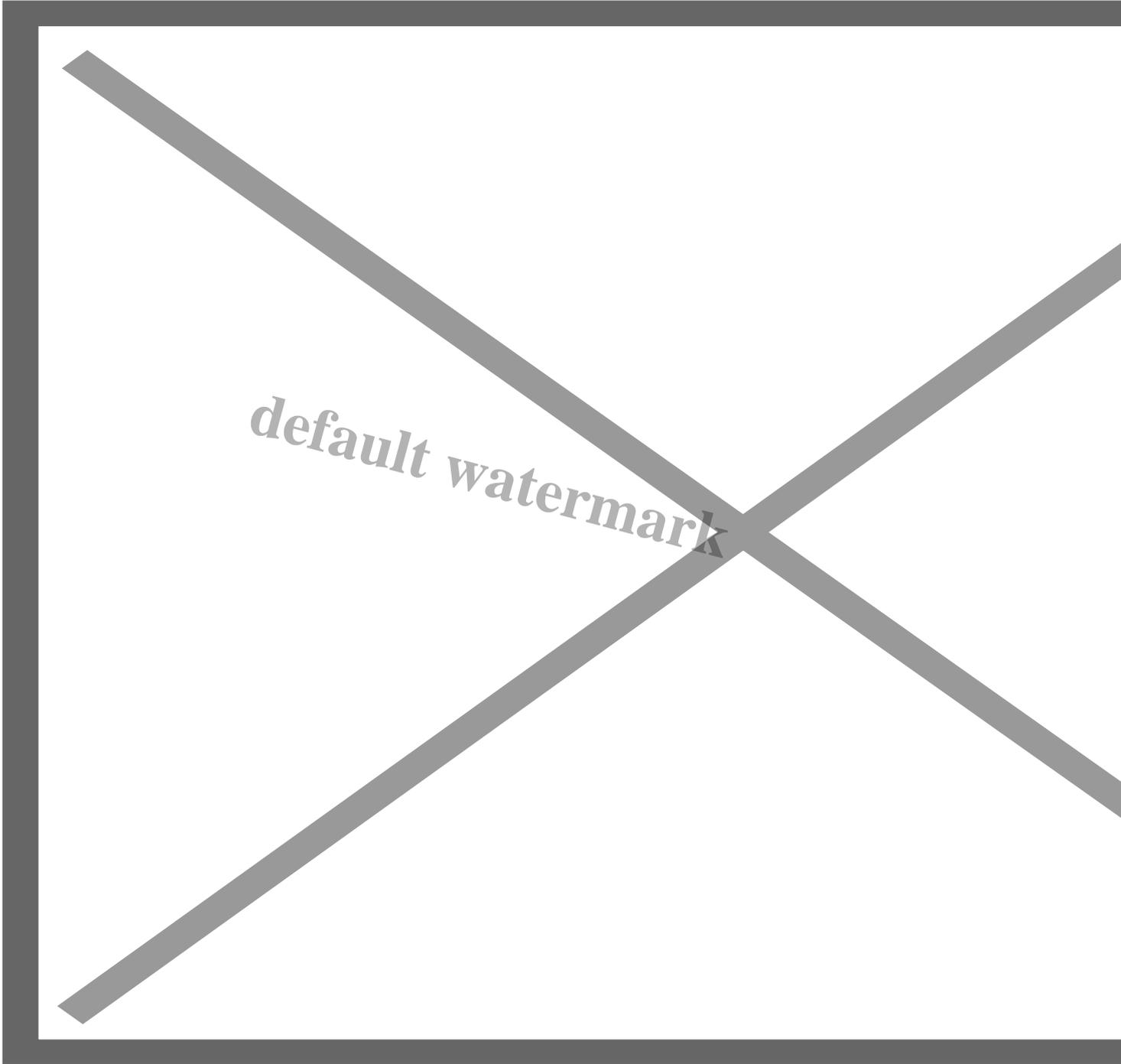
## A Successful Awareness Initiative

The seminar concluded with a **Vote of Thanks** by **Mr. Abdul Jabbar, President of the Global Telangana Forum**, who expressed gratitude to the speakers and attendees for their enthusiastic participation. The event was followed by a **networking dinner**, allowing guests to continue discussions on eye health and community well-being.

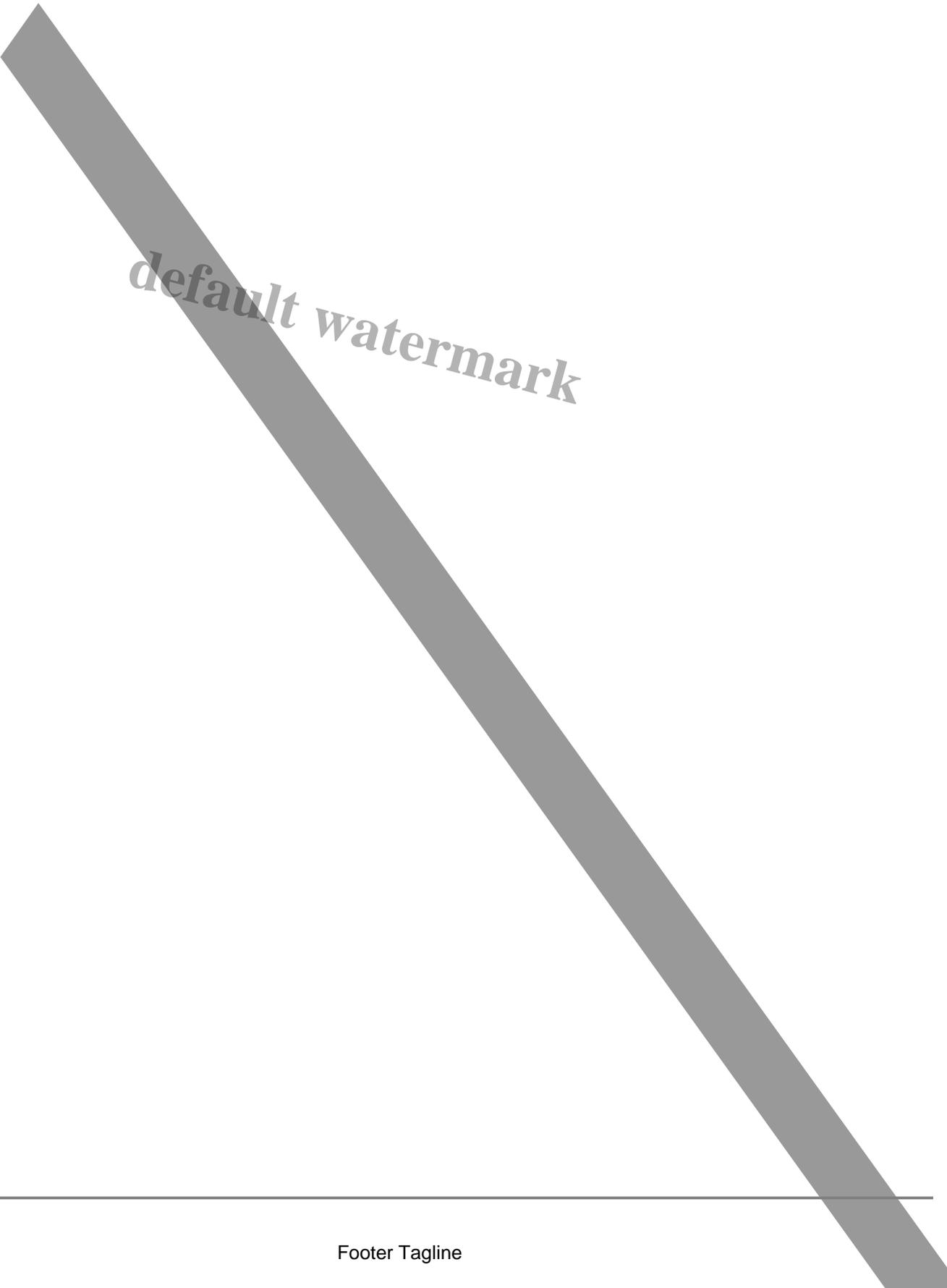
Attendees highly appreciated the **Global Telangana Forum** for its relentless commitment to public health awareness and praised the **Eye Care Awareness Seminar** as a valuable initiative that encouraged preventive eye care within the community.



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