

USING CONTACT LENSES SAFELY

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PHOTO: INTERNET

Contact lenses have become very popular in our country over the past 10 years or so. Girls and boys alike not only use them as an alternate to a pair of glasses, but also sometimes use them for cosmetic purposes. As much as contact lenses can be helpful, they can also turn dangerous in a matter of seconds, if proper care is not taken. Eyes are one of the most sensitive and useful parts of our body and so, we really need to take some extra care before making them dependent on a cosmetic object.

First and foremost, keep your lenses as clean as possible. Before handling your contact lenses, wash and rinse your hands thoroughly. Use a mild non-cosmetic soap. Soaps with perfumes, oils, or lotions leave a film on the hands, which you may transfer to your lenses and cause eye irritation or blurred vision. It's also a good idea to keep your fingernails short and smooth to avoid damaging your lenses or scratching the eye. Different types of

contact lenses require special care and certain types of products. Always use the disinfecting solution, eye drops, and enzymatic cleaners your eye care professional recommends. Never use tap water directly on lenses since microorganisms can live in even distilled water, which can cause infection or sight damage. Clean each contact by rubbing it gently with your index finger in the palm of your other hand. Most multipurpose solutions don't have "No Rub" on their labels anymore. Lightly rubbing your contact removes surface build-up. Clean

your contact lens case every time you use it with either sterile solution or hot tap water. Let it air dry. Replace the contact lens storage case every three months. Each day, wear your contacts only as long as your eye care professional recommends.

Another thing to remember is to never wear another person's contact lenses, especially if someone has already worn them. Using other people's contact lenses can spread any infection or particles from their eyes to yours. Do not sleep with contact lenses in your eyes unless you are prescribed "extended wear" contacts.

Closed eyes don't allow tears to carry a healthy amount of oxygen to your eyes. And never wear your lenses around heat. The sensitivity of lenses makes it prone to melting easily, and may stick to your eye and need to be surgically removed. When cooking or around the stove, make sure your contact lenses are nowhere near you.

Since beauty is in the eyes of the beholder, we wouldn't want anything going wrong with them, now would we? Keep your eyes safe to always be able to witness beauty around you!

Information Source: webmd.com

AN APPLE A DAY

SHUTTERSTORIES



A SYMBOL OF SLAVERY AND NATURE'S DESTRUCTION

Photos and Text: MOHAMMAD PONIR HOSSAIN

The world is going through speedy urbanisation and Bangladesh is not an exception from this. Such rapid urbanisation generates a massive demand for bricks as it is one of the key ingredients to build concrete structures. To meet this growing need, numbers of brick fields have been increasing at an alarming rate in Bangladesh. Most of them are situated in farming lands which cause reduction of agricultural production. To protect nature from destruction, we need to move towards eco-friendly brick factories without any delay; because at the end we all need to keep in our mind that "We need nature to live, but nature does not need us."



BULLETIN

A NOBLE CAUSE

August 1, 2015 started differently for the children of Distressed Children & Infants International's (DCI) Sun Child Home orphanage as they greeted Sabina Yasmin, the internationally acclaimed Bangladeshi singer with bright smiles to an eye screening camp in Kallyanpur, Dhaka.

Distressed Children & Infants International (DCI) is a USA-based non-profit child rights organisation established at Yale University in 2003. DCI protects the rights of children, stops child labor and blindness, and lifts distressed children in developing nations out of poverty and hunger. It aims to achieve this mission by providing life necessities, family support, education, health care and vision care. With the motto of "Children Helping Children", they involve American youth in all their activities and connect them to less fortunate children in other countries.

While Yasmin, as the chief guest inaugurated the Free Eye Camp, eminent personalities like Prof. AK Azad Khan, President Diabetic Association of Bangladesh, Dr Muhammad Abdul Mazid, Chief Coordinator, Diabetic Association of Bangladesh, Tasik



PHOTO: COURTESY

Ahmed, Vice President, ATN Bangla, Dr Nina Hoque, Director, DCI, Salma Qadir, Coordinator, DCI Bangladesh were also present in this noble cause. In addition, different officials of DCI and representatives

from different media also attended this event. The ceremony was held at the Kallyanpur Health Clinic on Saturday, August 1st at 10:30 am to 1:00 pm.

After having an overview on the activities of DCI's Free Eye Camp, Yasmin paid a visit to the preschool run by DCI for the underprivileged children. After that, she, along with the other guests, went on a short trip around the community of Porabari Slum and talked to many slum dwellers. In her short speech Sabina Yasmin thanked all of the people working arduously for DCI. She specially mentioned the name of Dr Ehsan Hoque, founder and Executive Director of DCI for his contribution and endless support to the underprivileged people of Bangladesh and wished to be with DCI in every possible way in future.

As a part of the DCI's activities, doctors screened 247 children and adult patients and diagnosed 87 patients with eye problems and found cataracts in about 37 patients. Besides screening a large number of people DCI also provided medicine and eye glasses to 70 patients.

— Distressed Children & Infants International