

KSF is an NGO established for the eradication of blinding diseases and for providing access to quality eye care at affordable cost.



Monsoon eye care

How monsoon can lead to eye infections?

The monsoon season is a time of joy and excitement, as it brings relief from the scorching summer heat and allows us to enjoy the rain. However, we should not overlook the illnesses that are striking us this season. If you don't take adequate care of your health, your immune will be compromised, making you vulnerable to monsoon infections and illnesses.

The infections spread during rain due to increased moisture in the air. During the rainy season, eye care is crucial. Viruses that cause viral monsoon infections can also cause eye infections. Rainwater, bacteria, viruses, and fungi, among other things, can harm your eyes, therefore eye protection during the monsoon is essential.

This newsletter discusses the most frequent eye disorders that occur during the monsoon season, as well as some preventative measures.

Content

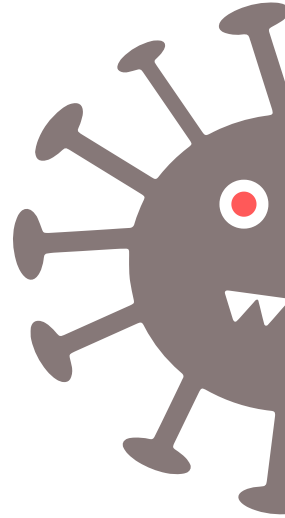
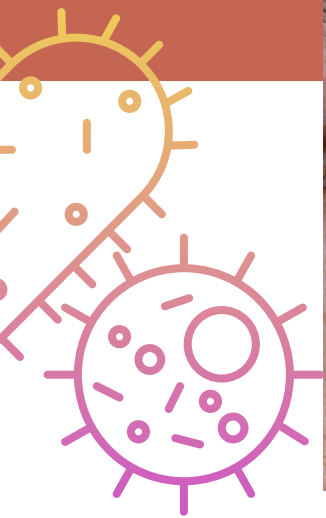
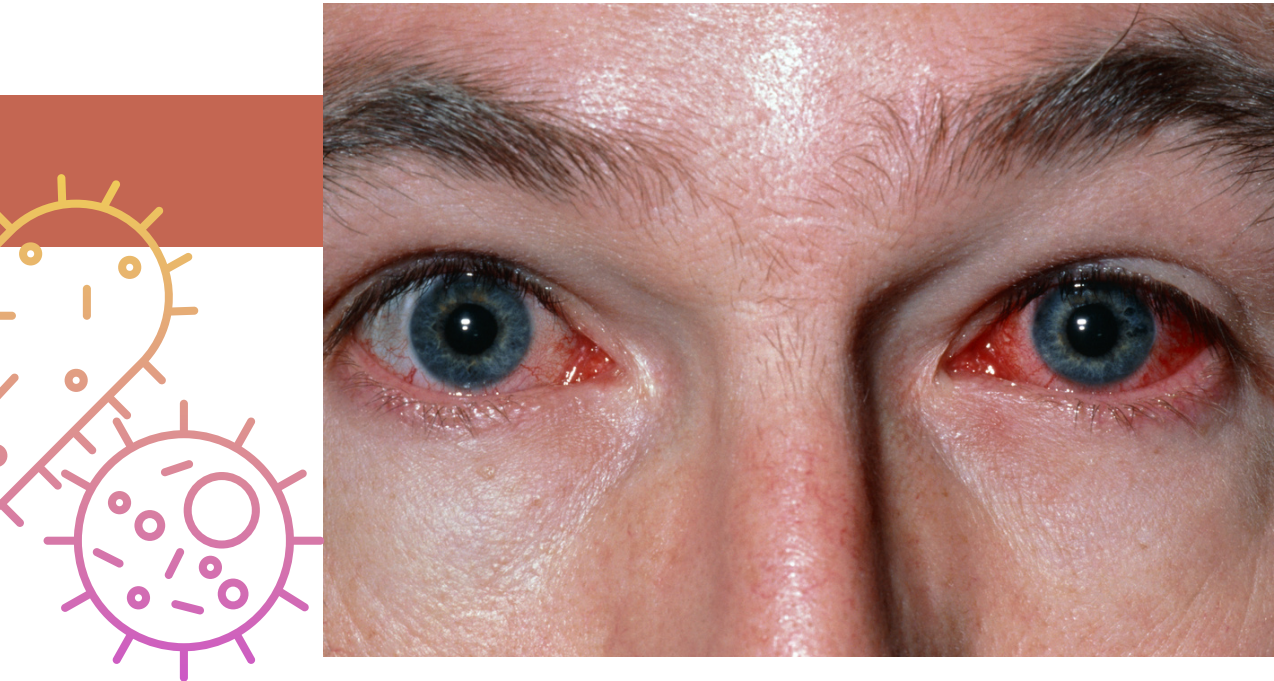
How monsoon can cause eye infections?

Types of eye infection during monsoon.

- Conjunctivitis
- Dry Eyes
- Eye Stye
- Corneal Ulcer
- Meibomitis
- Allergy

Preventive measure to have a safe monsoon.

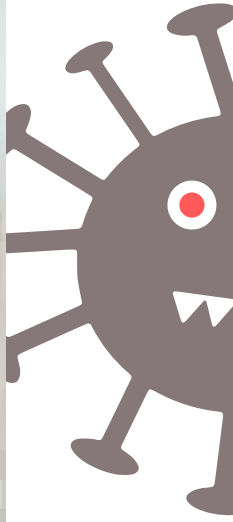
TYPES OF EYE INFECTION DURING MONSOON.



CONJUNCTIVITIS

- Throughout the year, this is the most frequent eye infection, but the rainy season and humid weather double the risk.
- During the monsoon, the viral and bacterial load increases, making it easier to get conjunctivitis.
- It can be caused by getting wet in the rain, wearing contact lenses for a longer period of time, swimming, and using expired eye care products, eyelash extensions are all common ways for your eyes to become infected.
- It can spread because of sharing items such as towels, napkins, eye cosmetics, and so on.
- It is critical that you seek medical attention from a doctor as soon as possible to get treatment before the infection worsens.

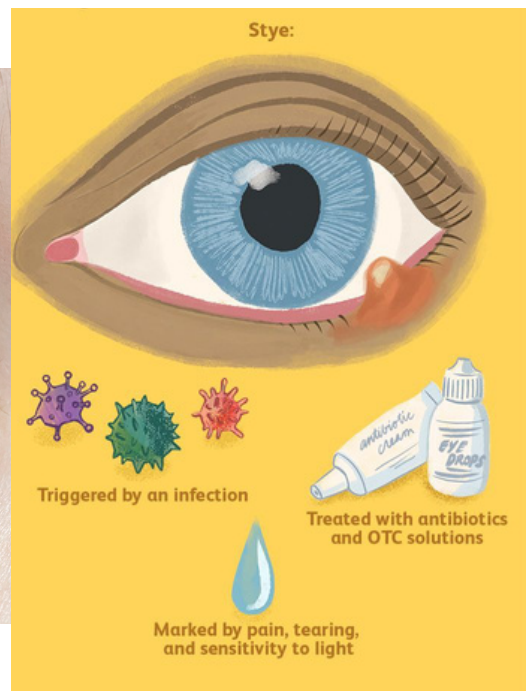
TYPES OF EYE INFECTION DURING MONSOON.



DRY EYES

- Dry eyes induce discomfort and a decrease in lubrication in the eye. This is an extremely unpleasant condition that can result in impaired vision in severe cases.
- The eyes are delicate and easily infected or inflamed. Viruses and bacteria can intensify the condition and lead to serious eye infections.
- Dry eyes are more prevalent if you have diabetes, thyroid disease, arthritis, or are weak in vitamin A.
- You should have your eyes examined by an ophthalmologist, If you suffer from dry eyes frequently, you should take extra care during the monsoon. This may help to prevent other chronic eye disorders from developing.

TYPES OF EYE INFECTION DURING MONSOON.



EYE STYE

- A stye develops when bacteria build up around the eyes or the oil glands become clogged. This infection of an eyelid gland can be extremely painful.
- Rubbing the eyes after touching the nose can create a stye because some bacteria found in the nose can induce a stye.
- It is a common phenomenon during monsoon, because of the increased risk of infection and pollution.
- You must keep your eyes clean in order to avoid stye. Also, avoid touching & popping a stye. The only way to avoid it is by the usage of warm water, which reduces the inflammation and pain of the stye.
- You will feel better after using a hot compress. For faster treatment, the doctor may prescribe an ointment.

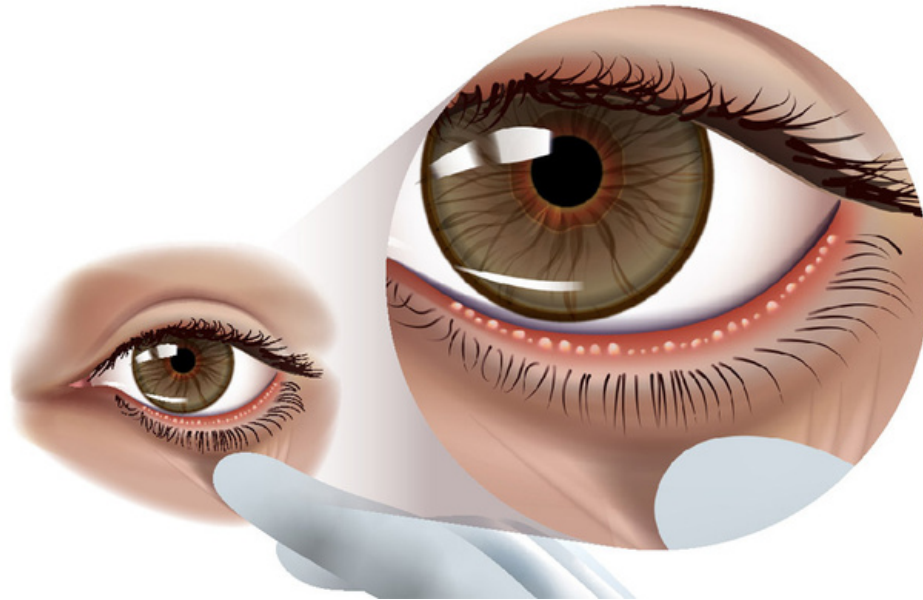
TYPES OF EYE INFECTION DURING MONSOON.



CORNEAL ULCERS

- Corneal ulcers are dreaded, they may even cause blindness. It is a severe form of eye infection due to viral, bacterial or fungal infection.
- It should not be ignored. Acanthamoeba keratitis, Fungal keratitis, Herpes simplex keratitis are leading causes of corneal ulcers.
- Corneal ulcers or infections may also be caused due to : Foreign bodies in the eye, Scratches (abrasions) on the eye surface, Severely dry eyes, etc.
- Wearing contact lenses, especially soft contacts that are left in overnight, may cause a corneal ulcer.
- Treatment for corneal ulcers and infections depends on the cause. Treatment should be started as soon as possible to prevent scarring of the cornea.

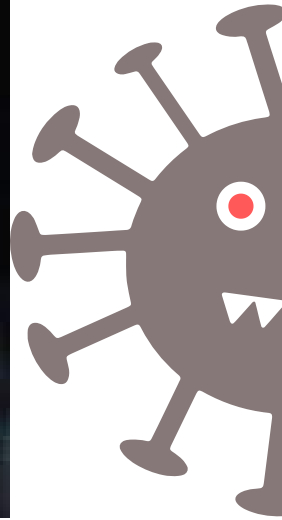
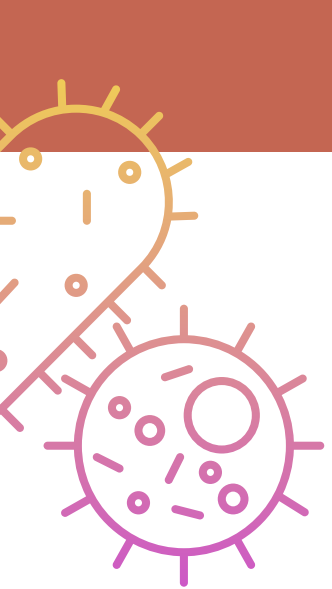
TYPES OF EYE INFECTION DURING MONSOON.



MEIBOMITIS

- Meibomitis is a chronic inflammation of the tiny oil glands that line your upper and lower eyelids. The meibomian glands release meibum, which helps lubricate your eyes. The gland blockage also creates an environment favourable for bacteria.
- The symptoms of meibomitis can range from mild to severe. In general, your eyes will feel irritated and your vision may be blurry.
- The bacteria on the eye surface can affect meibum leading to meibomitis.
- Meibomitis can be painful and even disabling if it's severe. Many treatments exist, including for the dry eye that often accompanies it
- Treatment for meibomitis will depend on the severity of your symptoms. Your doctor may start with conservative treatment, and then add other kinds of treatments if your symptoms persist.

TYPES OF EYE INFECTION DURING MONSOON.



OTHER ALLERGY

- One can get an allergy to heat, dust & sun during the summer months. However, Dust, pollen, medicines or cosmetics too can cause red and itchy eyes if they trigger an allergy during monsoon.
- Monsoon is the season when the problem gets aggravated. The best thing to do is to avoid all eye makeup.
- Your kohl stick could be the culprit or maybe the mascara. So rest your eyes for a while.

PREVENTIVE MEASURES TO HAVE A SAFE EYES IN MONSOON.



- Don't touch your eyes with dirty hands. If you have come from outside, make sure that you wash your hands first before anything else.
- During the day, wash eyes atleast 3-4 times with cold water. The bacteria are washed away with a squirt of cold water.
- Never offer your personal items such as towels or handkerchiefs to strangers.
- Never buy over-the-counter eye drops, instead consult an Ophthalmologist.
- Avoid using eye creams during monsoon, because they might cause styne and other eye illnesses.
- If you become infected despite your precautions, avoid using contact lenses, and skip the swimming lessons. As they will aggravate the situation and see an Ophthalmologist.

You can keep your eye health in place by exercise the above preventive measures.
Keeping your eyes clean and hygienic would resolve most of the problems.

**CREATOR - MS. SHIVANI KORE
JUNIOR RESEARCH FELLOW
KAMALA SUNDARAM FOUNDATION.**

KSF CONTACT DETAILS



KSF also motivate people to pledge their eyes for donation, to help others who need it most. Everyone can access the online Eye Donation Pledge Form on www.pledgemyeyes.org and also by scanning the QR code provided below.

OUR BRANCHES

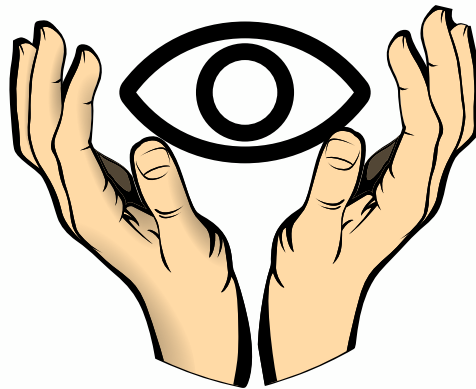


DHARAVI CENTRE: SHOP NO 7, UDAY CO-OP HSG SOCIETY, LTD, NEAR CHOTASION HOSPITAL, 60, FEET RD, DHARAVI, MUMBAI – 400017

MULUND CENTRE: 102-B VARADLAXMI, NEAR JAY GANESH CINEMA, GOKAHLE ROAD, MULUND (E), MUMBAI-400081

WEBSITE: WWW.AJFTLE.ORG

EMAIL ID: SECRETARY.AJFTLE@GMAIL.COM PHONE: 24100034/ 24177613/
9833500580



**COME FORWARD TO HELP!
ALL CONTRIBUTIONS CAN BE MADE IN THE NAME OF**

"Kamala Sundaram Foundation"

Bank Name: INDIAN BANK

A/C Name : ADITYA JYOT FOUNDATION FOR TWINKLING LITTLE EYES.

A/C NO: 6232553298 ; Branch: MATUNGA ; IFSC Code : IDIB000W001 ; MICR CODE : 400019027

WEBSITE: WWW.AJFTLE.ORG

EMAIL ID: SECRETARY.AJFTLE@GMAIL.COM PHONE: 24100034/ 24177613/ 9833500580

TO STAY UPDATED WITH UPCOMING CAMPS FOLLOW US ON :
[@KAMALASUNDARAMFOUNDATION](https://www.instagram.com/kamalasundaramfoundation)

