



Facts and Myths about Low vision

Know for yourself...



- × **Minimal use of visual ability will help us save our eyesight.**
- ✓ **Visual function is habitual. Therefore complete usage of vision can help us save our sight.**

- × **Wearing spectacles can wear-away all eye problems.**
- ✓ **Only some can get complete eyesight through spectacles.**

- × **Observing objects close to eye, and reading books held close to eye may spoil the vision in future.**
- ✓ **This could cause some tiredness of the eye muscles rather than affect vision. Slight rest is enough to protect the vision.**



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- × **Constant use of spectacles, and usage of low vision aids could solve eye problems in course of time.**
- ✓ **Spectacles and other visual aids will only help increase the visual ability and not to regain lost vision.**

- × **Intake of nutritious food can solve all eye problems.**
- ✓ **Balanced diet could only solve childhood vision problems that occur due to malnutrition.**

- × **Electric light will harm eyesight.**
- ✓ **The right amount of light will always help good eyesight.**

- × **Persons who are considered to be blind have 0% vision.**
- ✓ **90% of those considered blind usually have some extent of vision.**



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- × **If children with low vision strain too much, they may lose their remaining vision.**
- ✓ **Only by encouraging children with low vision to utilize their remaining vision to the maximum can they retain their vision. For e.g. Bringing objects close to their eye, taking the child outdoors, and by showing colorful objects to the child can we encourage them to exercise their vision.**