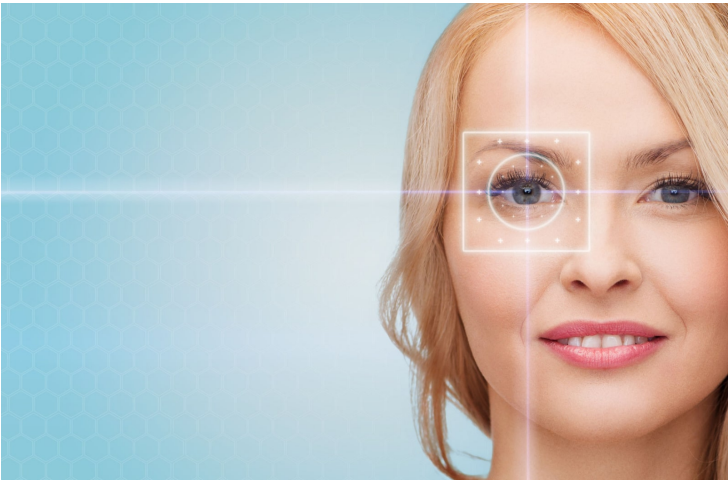


Two-third of all cases of visual impairment found in women: Study

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It is common for women to neglect routine eye examinations and avoid visits to eye doctors due to lack of time



Neglecting eye health is a tendency often seen in women as they prioritise their family's well-being over their own. They are at a much higher risk of developing eye health problems compared to men, and account for two-third of all cases of visual impairment observed in patients. This was said by Dr Reena Choudhry, COO & Medical Director, ICARE Eye Hospital, Noida, ahead of the International Day of Action for Women's Health, on May 28th.

Dr Reena Choudhry said, "Common eye diseases such as dry eyes, cataracts, glaucoma, age-related macular degeneration, and diabetic retinopathy are more prevalent in women. Furthermore, women's longer lifespan compared to men also makes them more vulnerable to age-related eye diseases. Hormonal changes, migraines, and other factors can also impact women's eye health."

According to the doctor, age-related conditions like cataracts, glaucoma, dry eyes, and macular degeneration are also more common among women than men.

"Digital vision syndrome, which is very prevalent today, can lead to dry eye disease and eye strain because of muscle weakness and changes in the ocular surface. Women are more prone to this condition, which can be worsened by age-related hormonal problems like menopause", added Dr Reena.