Eye doctors urge check up today for good health

Saeed speaks to lab experts

Dr. Sheikh M. Saeed, 36/98 Congress, Farmington, has been named to a team of the nation's leading medical laboratory experts that will conduct more than 186 educational workshops and seminars. They will be conducted during the joint spring meeting of the American Society of Clinical Pathologists and the College of American Pathologists, March 16-23 in Dallas, Texas.

Texas.

He will join the volunteer faculty contributing time. knowledge and expertise to instruct an estimated 3,500 medical laboratory personnel.

The meeting will present the latest developments in the practice of laboratory medicine for the betterment of matient care.

ratory medicine for the betterment or patient care. The program will include a special symposium on Legionnaires disease, a day long workshop in alcoholism, a seminar on diseases of the female breast and the presentation of 33 scien-tific papers. Saeed is on the staff of the Division of Laboratory Hematology at Henry Ford Hospital, Detroit.

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Crusting of the eyelids is caused by strain that weakens the eyes, making them more susceptible to bacteria, according to Rosen, of Farmington.

Bumps and stys on the lids are signs of vision trouble in children.

of vision trouble in children.

If a child who enjoys reading develops problems in school or complains that his eyes hurt, he should see an eye specialist, according to Irving Adler, a Farmington Hills optometrist.

There's a good chance that the child might be nearsighted.

Normal children usually are far-sighted when they're born. As they become older, vision becomes more near-sighted. Some children remain farsighted and have difficulty seeing things up close. Others become too nearsighted and have trouble dis-tinguishing objects that are far away.

Nearsightedness usually develops during the first 25 years of life, according to optometrists.

"A lot of these things are caught in school," said Adler. "Once a child is 7 or 8 and can't see the board, he probably is developing nearsighteness. By the time they're 10 years old, it's progressing. If it progresses too much, then he may need coptacts," Adler said.

CONTACT lenses retard the prog-ress of myopia. Unlike contacts, a pair of glasses will only correct the child's vision because contacts become part of the eye, according to Adler.

"Glasses create a different optical system," he explained. Muscle coordination is another prob-lem which can afflict young eyes, according to the optometrists.

Children's eyes wander and turn in when they're about 2 years old, according to Adler. By the time a child is 3, the eyes should be retaining a normal position.

W



Eye care is another essential to good health. Unfortunately, many persons forget this fact and neglect their eyes. Eye doctors urge you

turning in and out, they should have those eyes checked." Adler advised.

As the child grows older, his eyes will age. Signs of age can show in eyes of 16-year-old children. By the time the child reaches his mid 60s, he will be faced with another health problem.

acted with about health problem, cataracts. It's part of the normal aging process; said Rosen.
While most persons usually are confronted with the problem in their 60's, some develop the problem in their mid-40s.

"IT'S no cause for alarm." Rosen said. "Good vision can be restored." Cataract lenses once were very thick and offered poor side vision, according to Rosen. Improvements have been made which have resulted in thinner lenses and good side vision.

The condition can be caused by a

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blow to the eye and extended exposure to ultra-violet light or intense heat, as well as age.

Cataracts are caused by hardening of the protein matter inside the lens capsule of the eye, causing it to lose its ability to transmit light.

happened

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Nov. 5, 1940?

That's the day voters approved creation of the Huron-Clinton Metropolitan Authority to develop a system of Metroparks serving Wayne. Livingston, Macomb. Oakland and Washtenaw counties. For parks information. call 981-

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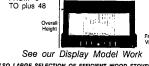
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