Good health for your eyes

*Note: The text is in Khmer.*

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**Good health for your eyes**

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Good health for your eyes

Visual health is an important aspect of quality of life. Regular eye checks are essential to maintain healthy eyes.

Common eye problems include:

- Cataracts
- Ptosis
- Lazy eye

Cataracts are a common cause of blindness in older people. Ptosis is a drooping of the eyelid. Lazy eye, also known as amblyopia, is a condition in which one eye is not seeing as clearly as the other.

Early detection and treatment are key to preventing vision loss. Regular eye exams and vision tests can help detect these problems early.

References:

- Australian Public Health Association
- Australian Eye Foundation
- Australian National Preventive Health Partnership

For more information, please contact your local Eye Hospital or Ophthalmologist.