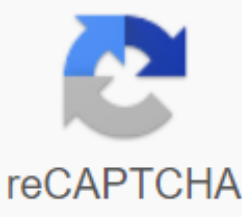




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Blue eyes technology seminar pdf

Home Care Eyes Vision Resources en Espa'ol Among people, blue eyes are less common than brown eyes. This is one of the reasons that blue color contact lenses are popular. Here are some facts about the blue eye color you may not know.1 All blue-eyed people may have a common ancestor. Initially, we all had brown eyes, said Hans Eiberg, an assistant professor of cell and molecular medicine at the university and lead author of the study. But a genetic mutation that affects the OCA2 gene in our chromosomes has led to the creation of a switch that literally turned off the ability to produce brown eyes. The color of the eyes depends on the amount of one type of pigment (called melanin) in the iris. This genetic switch, located in a gene next to the OCA2 gene, limits the production of melanin in the iris - effectively diluting brown eyes in blue. In addition to significantly less melanin in their iris than people with brown eyes, brown eyes or green eyes, blue-eyed people have only a small degree of change in their genetic coding to produce melanin. The brown eyes of individuals, on the other hand, have significant individual differences in the area of their DNA that controls the production of melanin. From this we can conclude that all blue-eyed individuals are associated with the same ancestor, Eiberg said. They all inherited the same switch in exactly the same place in their DNA. So, if blue eyes are the result of a genetic mutation in one person, how has the trait spread from one person to now in 20-40 percent of the population of some European countries today? One theory is that blue eyes were immediately considered an attractive trait, forcing people to look for mates with blue eyes to have children, allowing the genetic mutation to multiply. Blue eyes do not have the blue pigment that are mentioned above, the blue color of the eyes is determined by what is called melanin. Melanin is a brown pigment that controls the color of our skin, eyes and hair. The color of our eyes depends on how much melanin is present in the iris. In the eye only brown pigment - there is no pigment hazel, green pigment or blue pigment. Brown eyes have the highest amount of melanin in the iris, and blue eyes have the least.3. You can't predict your child's eye colorIn one time it was thought that eye color - including blue eyes - was a simple genetic trait, and so you could predict the color of your child's eyes if you knew the color of the parents' eyes and possibly the color of grandparents' eyes. But geneticists now know that eye color under the influence of up to 16 different genes to some extent -- not just one or or genes, as once thought. In addition, the anatomical structures of the iris can affect the color of the eyes to some extent. So it's impossible to know for sure if your children will have blue eyes. Even if you and your friend have blue eyes, this is no guarantee that your child's eyes will also be blue. (Here's a royal example of eye color unpredictability: Princess Charlotte, the young daughter of blue-eyed Prince William and green-eyed Kate Middleton, has blue eyes. 4. Blue eyes at birth does not mean blue eyes for life The human eye does not have its full adult pigment number at birth. Because of this, many children have blue eyes, but their eye color changes as the eye develops in early childhood and more melanin is produced in the iris. So don't be concerned if your child starts to lose that baby blue eye color and her eyes become green or brown or brown as she gets a little older. The risks associated with the blue eyes of the melain in the iris appear to help protect the back of the eye from damage caused by UV radiation and high energy visible (blue) light from sunlight and artificial sources of these rays. Because blue eyes contain less melanin than green, brown or brown eyes, they may be more susceptible to damage from UV and blue light. As for the links between eye color and eye disease, studies have shown a dark color of the iris associated with an increased risk of cataracts and a reduced risk of eye melanoma (a form of eye cancer) compared to blue eyes. But the same analysis of the published studies did not confirm any association of eye color with an increased risk of age-related macular degeneration (AMD). However, since many people with blue eye color are sensitive to light and may have a greater risk of damage to the retina from ultraviolet light, most eye doctors recommend that people with blue eyes should be very careful about their exposure to sunlight. And because eye damage from UV and blue light seems to be related to your life exposure to these rays, wear sunglasses that block 100 percent UV and most blue light should start as soon as possible in childhood. Photochromic lenses are another great way to protect blue eyes from UV radiation. These clear lenses block 100 percent UV both indoors and beyond, and darken automatically in response to sunlight when you go outdoors, so you don't have to carry a separate pair of sunglasses. In addition, the addition of anti-reflective coating to photochromic lenses gives you better vision and comfort in all lighting conditions (including driving Night time), showing off your blue eyes with lenses without reflection. AR coating is recommended for all types of eyeglass lenses - including single vision, bifocal and progressive lenses - to eliminate distracting reflections and allow people to see the beauty and expressiveness of your eyes. Also, if you're you

Several hours a day using a computer, smartphone or other digital devices, it is a good idea to wear glasses that shield your eyes from high energy blue light when using these devices. It can take many years before we know the risks associated with the cumulative effects of blue light from computers and smartphones. But many eye care professionals believe it's wise to use caution when it comes to protecting your eyes from these devices - especially if you have blue eyes. The last comment about blue eyes you may find interesting: Studies show that blue eyes can increase your risk of alcohol addiction if you drink. A study of European Americans with blue eyes found that people with these characteristics had up to 83 percent higher odds of becoming addicted to alcohol, compared to comparable controls that had dark eye color. Have the usual eye exams To keep your beautiful blue eyes healthy and to see clearly, have the usual eye exams at least every two years. Click here to find an eye doctor near you. The page is updated June 2019 Home Conditions Digital Eye Strain (en) En Francais Kids and technology are virtually inseparable these days. Whether it's educational or just fun, kids spend most of their day on screen time - looking at LED screens of computers, tablets, smartphones and other digital devices. According to Common Sense Media, children under the age of 8 now spend more than two hours a day with a media screen. For children between the ages of 8 and 10, the screen time will triple to six hours a day. And it's not uncommon for kids in high school and high school to spend up to nine hours a day looking at digital displays. If you're wondering if all this screen time can cause problems for your child's eyes and vision, the short answer is: Yes, it is. Risks associated with too much screen timeChildren who spend several hours looking at digital devices are at risk of developing these vision-related problems: Computer Vision Syndrome Computer Vision Syndrome (CVS) - also called digital eye strain - is a condition that is caused by visual stress from extended screen time. CVS has a combination of symptoms, including: fluctuations in vision, tired eyes, dry eyes, headache and fatigue. Other non-visionary symptoms of CVS include pain in the neck, back and shoulder. Unhealthy posture When using a computer or digital device for long periods of time, it is common to start slouching inside, rounding your back and shoulders, then tilt your head backwards and protruding your chin forward. This unnatural (and unhealthy) posture, called tritrling, causes many symptoms of computer vision syndrome. Researchers believe that increasing screen time in children is a significant risk factor for the development and progression of myopia (short-sightedness). The prevalence of myopia has increased significantly over the past few decades and the trend coincides with the increased use of computers and digital devices by children. The increased exposure to blue light, called blue light, is emitted by LED screens of computers, tablets, smartphones and other digital devices. Although the most significant source of exposure to blue light is natural sunlight, many researchers and eye doctors are concerned that additional exposure to blue light from computers and digital devices may increase the risk of age-related human eye diseases, such as macular degeneration later in life. What to do Is it unrealistic to think that children will stop using modern technology. But there are a few simple things you can do to reduce your child's risk of eye and vision problems from long-term use of computers and digital devices: Encourage frequent visual breaks One of the best things you can do to reduce your child's risk of digital eye strain to get them to follow the 20-20-20 rule: Every 20 minutes, link with the screen and look at something that's at least 20 feet for at least 20 seconds. This simple task relaxes the focus and alignment of the eye muscles, reducing the risk of many symptoms of digital eye strain. Rule 20-20-20 can also reduce the risk of myopia progression. Some studies suggest focusing fatigue may be associated with the onset and deterioration of myopia. Frequent breaks from looking at digital screens helps reduce this fatigue. Encourage frequent posture checksTime that are delayed to follow the 20-20-20 rule is also a good time to sit upright and rearrange your head, neck and shoulders. Slow head movement to the right and left, as well as up and down can ease tense muscles and reduce fatigue. If possible, getting up to walk and stretch your entire body is also a good idea to reduce the risk of non-visual symptoms of computer vision syndrome. Read more about computer ergonomics. Protect their eyes from blue light, no one knows for sure how harmful the additional effects of blue light emitted by computer screens and digital devices can be for a child's eyes over time. It may take researchers decades to figure this out. At the same time, it is wise to protect your child's eye from blue light from sunlight and digital devices. Outdoors, polarized sunglasses provide better protection against glare and blue light, blocking about 90 percent or more of the sun's harmful blue light. For indoor and outdoor wear, photochrome lenses such as lens transitions (Essilor) are an excellent choice. Transitions Signature lens unit 1.4 times more harmful blue light indoors than basic lenses, and they filter more than 8 times more harmful blue light outdoors than clear lenses. XTRActive lens conversions filter at least 2 times as much harmful blue light indoors than clear lenses, and 8 times as much harmful blue light outdoors. For wear in the room, indoors, Lenses with a built-in blue light filter are a good choice. One example is BluTech (BluTech, LLC) lenses, which the company says block up to 59 percent of harmful blue light. Another is Eyezen lenses (Essilor), which block at least 20 percent of the harmful blue light, according to Essilor. Keep in mind that different company lens glasses can measure the properties of blue light filtering in different ways, and lenses with the most effective blue light filters have a hue that will affect the appearance of these lenses. Finally, some anti-reflective coatings can help lens glasses filter blue light. One example is Crizal Previncia (Essilor), which blocks at least 20 percent of the harmful blue light, according to the company. Set time free from the mediatl is a great idea to set free of media times every day to break your child's fixation on digital devices, reduce eye fatigue, and limit exposure to blue light. Use this time to connect the whole family. Schedule your annual eye exams, schedule a comprehensive eye exam for your children before the start of each school year. In addition to making sure that your child's eyes are healthy and well visible, your eye doctor can perform special tests and provide specific suggestions to reduce the risk and symptoms of eye strain computer. Children and technology are the future. Taking these simple steps can go a long way to keeping your tech-savvy child see clear and comfortable for years to come. 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