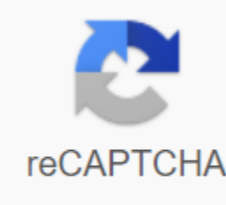




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The sixth front part of this layer is clear and is called cornea. All light must first pass through the cornea when it enters the eye. The muscles that move the eye, called extraocular muscles, join the sclerotic. Advertisement The choroid (or uveal tract) is the second layer of the eye. It contains the blood vessels that supply blood to the structures of the eye. The front of the choroid contains two structures: the ciliary body - The ciliary body is a muscle area that is attached to the lens. It contracts and relaxes to control the size of the lens to focus. The iris - The iris is the colored part of the eye. The color of the iris is determined by the color of connective tissue and pigment cells. Less pigment makes the eyes blue; more pigment causes the eyes to brown. The iris is an adjustable diaphragm around an opening called a pupil. The iris has two muscles: The dilating muscle makes the iris smaller and therefore the pupil larger, allowing more light in the eye; the sphincter muscle makes the iris larger and the pupil smaller, allowing less light into the eye. Pupil size can change from 2 millimeters to 8 millimeters. This means that by resizing the pupil, the eye can change the amount of light that enters it 30 times. The innermost layer is the retina, the part of the eye that detects light. It contains rod cells, which are responsible for vision in low light conditions, and cone cells, which are responsible for color vision and detail. At the back of the eye, in the center of the retina, is the macula. In the center of the macula is an area called fovea centralis. This area contains only cones and is responsible for seeing fine details clearly. The retina a chemical called rodopsin, or visual purple. This is the chemical that turns light into electrical impulses that the brain interprets as vision. Nerve fibers in the retina build up at the back of the retina and form the optic nerve, which drives electrical impulses to the brain. The point where the optic nerve and blood vessels leave the retina is called an optical disc. This area is a blind spot in the retina because there are no rods or cones in that place. However, you are not aware of this blind spot because each eye covers the blind spot of the other eye. When a doctor looks at the back of the eye through an ophthalmoscope, here's the view: Inside the eyeball there are two fluid-filled sections separated by the lens. The larger, posterior section contains a clear, gel-like material called vitreous humor. The smaller front section contains a clear, watery material called aqueous humor. The aqueous humor is divided into two sections called the anterior chamber (in front of the iris) and the rear chamber (behind the iris). Aqueous humor occurs in the ciliary body and drains through the Schlemm canal. When this drainage is blocked, a condition called glaucoma can occur. The lens is a transparent, bi-convex structure about 10 mm (0.4 inches) in diameter. The lens changes shape because it is attached to the muscles of the ciliary body. The lens is used to adjust vision. Covering the inner surface of the eyelids and sclerotic is a mucous membrane called conjunctiva, which helps keep the eye moist. An infection in this area is called conjunctivitis (also called a pink eye). The eye is unique in that it is able to move in many directions to maximize the field of view, however, it is protected from injury by a bone cavity called an orbital cavity. The eye is embedded in the fat, which provides some cushioning. The eyelids protect the eye by blinking. This also keeps the surface of the eye moist by spreading tears over the eyes. Eyelashes and eyebrows protect the eye from particles that can injure you. Tears occur in the tear glands, which are above the outer segment of each eye. Tears eventually drain into the inner corner of the eye, into the tear sac, then through the nasal passage and nose. That's why your nose runs when you cry. There are six muscles attached to the sclerotic that control the movements of the eye. Shown here: Muscles and primary functions: Rectus medial: move the eye towards the straight nose: move the eyes away from the noseSuperior rectus: raise eyeInferior rectus: lower the eyeYblique superior turns oblique eyeInferior rotates eye In the next section, you will learn how the eye perceives light. Household Conditions Eye Conditions, A-Z By John EganJanuary 2020 — The U.S. Food and Drug Administration (FDA) approved the first and only treatment for a rare eye condition known as thyroid eye doctor Dr. Wiley Chambers, an ophthalmologist from Washington, D.C., who is deputy director of the ophthalmology division at the FDA's Drug Evaluation and Research Center, FDA, called Tepezza (teprotumumab), marks an important milestone for the treatment of thyroid eye disease. Thyroid eye disease (TED), also called Graves' eye disease, is a rare, progressive autoimmune disease that jeopardizes vision associated with proptosis (eye lump), diplopia (double vision), blurred vision, pain, inflammation, and facial disfigurement. Every year, about 1 million Americans are diagnosed with TED. Read more: FDA approves the first drug to treat thyroid eye diseaseDiabetes + sleep apnea increases the risk of vision lossFor John EganOctober 2019 – If you have diabetes and severe sleep apnea, you are at high risk of developing an eye condition that can lead to vision loss and blindness, according to new research. The eye condition is diabetic macular oedema, and the study, conducted over an eight-year period at Chang Gung Memorial Hospital in Taiwan, found that a person's degree of sleep apnea correlates with the severity of the patient's diabetic macular oedema. Previous research indicated a weak relationship between diabetes and sleep apnea. Based on these results, we expect more medical professionals to approach sleep apnea as a risk factor for diabetic macular oedema, said Dr. Jufan Chiang, the study's lead researcher. This could allow for earlier medical intervention so patients can maintain more of their vision and preserve their overall health as much as possible. What is diabetic macular oedema? Diabetic macular oedema, or DME, is triggered when the leakage of blood vessels by diabetic retinopathy causes fluid to build up in the macula, the part of the retina responsible for visual acuity and color vision. This study suggests that sleep apnea may contribute to the development and worsening of diabetic retinopathy by increasing insulin resistance, increasing inflammation and increasing blood pressure. Poor blood sugar control and other medical problems, such as high blood pressure, increase the risk of blindness for people with ITD, which can occur at any stage of diabetic retinopathy. Prevention, detection and treatmentTo prevent diabetic macular oedema, the nonprofit Prevent blindness recommends maintaining good blood sugar, blood pressure and cholesterol levels. Have a full dilated eye exam at least once a year. Exercise regularly. Eat a healthy diet. If you notice any significant changes in vision (even if you don't have diabetes), see your eye doctor right away. Symptoms of diabetic macular oedema include: Vision Double-related eye floatsSD treatment includes: Laser therapy to close and destroy leaking blood vessels. Anti-VEGF drugs of endothelial growth factor (anti-VEGF), which block the development of new blood vessels and restrict the leakage of abnormal blood vessels in the eye. Steroids injected into the eye or released over time by an injectable eye WAS IT YOUR LAST EYE EXAM? Find an ophthalmologist near you and schedule an appointment.2.2 billion have vision problems, WHO report according to October 2019 — More than 2.2 billion people have visual impairment or blindness, according to the World Health Organization's first World Vision Report. More than 1 billion of these people have conditions such as myopia, hyperopia, cataracts and glaucoma, which could have been avoided or have not yet been treated. The WHO report, which was published before World View Day (October, 10, 2019), certain of the following factors have led to higher rates of visual impairment: Aging populations Lifestyle changes (e.g. less time-out, more screen time) Limited access to sight (e.g. low-income people and those living in rural areas)Late detection of vision problems It is unacceptable that 65 million people are blind or have been affected when their vision could have been corrected overnight with a cataract operation, said Dr Tedros Adhanom Ghebreyesus, Director-General of WHO. It is also alarming more than 800 million struggles in everyday activities because they lack access to a pair of glasses, he added. While advocacy efforts have made great progress in global eye care over the past 30 years, big challenges remain ahead. To further improve, WHO recommends making eye care an essential part of universal health coverage and the implementation of an integrated, people-centered eye care system to empower and engage individuals and their communities. SEE RELATED: 6 Ways You Can Give the Gift of Vision on World View Day 5 Healthy Vision Tips for Young AdultsBy Anju Goyal, MDMay 2019 — You may have heard that eyes are windows for the soul, but did you know that your eye health is closely related to your overall physical health? Taking care of your health can now help lower the risk of vision loss and blindness in the future. That's why the National Eye Institute (NEI), part of the National Institutes of Health, is encouraging adults 25 to 35 years of age to make vision a priority during Health Vision Month 2019. The message is clear: young adults can take steps now to help prevent vision loss later in life. Take these steps today to stay healthy and protect your vision: Eat a healthy diet. Choose lots of vegetables (such as kale, spinach and orange peppers), fruits (such as blackberries and raspberries), and try eating fish. And, as your grandparents will have told you, eat your carrots! Stay at a healthy weight. Maintaining a can reduce the risk of diabetes and high blood pressure, conditions that can lead to vision loss and blindness. Wear sunglasses, even on cloudy days! Sunglasses can protect your eyes from ultraviolet (UV) rays from the sun and help maintain acute vision. Choose sunglasses that block at least 99 percent of UVA and UVB radiation. Wear a wide-brimmed hat you're outdoors for special eye protection. Quit smoking. Research shows that smoking can increase your risk of eye diseases, such as cataracts. If you smoke, talk to your doctor and make a plan to quit smoking. Rest in your eyes from the time of the screen. When you're working on a screen, practice rule 20-20-20: every 20 minutes, take a 20-second break to see something 20 feet away. About the author, Anju Goyal, M.D., is an associate professor of Ophthalmology and director of Medical Student Education at the Kresge Eye Institute, the Department of Ophthalmology at Wayne State University School of Medicine. She is also a member of the Planning Committee of the National Eye Health Education Program of the National Eye Institute.Ladies, make your eye health a priority this month! May 2017 — All About Vision partners with the National Eye Institute for Healthy Vision Month by encouraging women to make eye health a priority. Women are more likely to have eye-related conditions, such as cataracts, glaucoma and age-related macular degeneration. So ladies, make sure you take care of your eyes! Throughout the month of May, you can celebrate Health Vision Month by encouraging the women in your life to follow these five steps to protect your eyesight: Image: National Eye Institute.Get an enlarged eye exam, so your eye doctor can perform a thorough assessment of your eye health. Live a healthy lifestyle by eating nutritious foods and maintaining a healthy weight. Learn about your family's history with eye health. Do eye conditions apply to your family? If so, tell your eye doctor at your next visit. Wear protective goggles in any case where your eyes may be at risk playing sports, at work, home repairs, etc. Wear sunglasses to protect your eyes from harmful UV rays from the sun. Make sure your shadows block 100 percent of UVA and UVB radiation. It's easy to get caught up in a busy life, balancing work and family, but sight should be a priority. Taking the above steps could help prevent vision loss and blindness of eye diseases. Click here to learn more about Healthy Vision Month. — N.B.New eBook and app to help tell 'The Story of vision' October 2016 — Don't forget to watch the new documentary Sight: The Story of Vision, starting October 13, World View Day! (Meanwhile, a companion eBook has been available for download from the iBooks store and the documentary website. The eBook and app are available the documentary's website. The author, Mark Mattison-Shupnick, ABOM, said he created the book as a deeper dive into the many topics covered by the documentary. (Mr. Mattison-Shupnick is an optical master who is also a member of the all About Vision editorial board of directors.) The book can be viewed on iPads, Kindles, other eBook readers, other IOS and Android devices, and computers. In addition, you can download the Sight: Story of Vision Second Screen, Screen, available on the documentary website and directly on the Apple App Store. The app provides terminology definitions related to the documentary as well as extended video content. The e-book was signed by a grant from contact lens manufacturer CooperVision. Development of the app was supported by the manufacturer of glasses lenses Essilor.No plus specifications in passportocrate photos 2016 — You may love what it looks like on your glasses, but the U.S. State Department says that as of this November, it cannot be used when taking the passport photo. The U.S. Department of State expects that removing photo glasses will speed up the processing of the passport application. Why? According to a Department press release, in 2015 more than 200,000 travelers submitted passport applications with unacceptably poor quality photos. Reason number one? Antejos.Es bad enough for people to send dark, blurry, and poorly cropped passport photos, but wearing glasses can make the problem worse. People look different with their glasses on than when they're off, making it difficult to identify. Frames can cast confusing shadows on faces, and lenses can have glare spots on the camera flash. Tinted lenses can obscure features and change eye color. The Department expects the rule to reduce delays in passport applications and wait times at U.S. ports of entry. If your passport isn't expired, you're fine. The rule only applies when you renew a passport or get one for the first time. Do you need your glasses to keep you on for medical reasons? Get a signed statement from a medical professional and submit it with your passport application. — L.S.Elton John narrates a new documentary about visionE evaluator 2016 — Sight: The Story of Vision, a documentary on scientific, medical and technological aspects of human vision, will premiere on October 13 (World View Day). The one-hour film will be broadcast on public television and features Sir Elton John as narrator. Click above to see the trailer for Sight: The Story of Vision. Please check your local TV listings for broadcast times and documentary dates. It tells the story of how people discovered how our eyes work, as well as how to improve our eyesight and even restore it when it is lost. Online content will also be available to viewers of Sight: The Story of Vision, in the form of apps, a downloadable e-book and a companion StoryofSight.com website.An interesting detail about the documentary is that its screenwriter and Kris Koenig decided to apply color correction to the film so that people with red-green confusion could better distinguish those colors while watching. He did so after trying a pair of EnChroma glasses, which are custom-dyed to help people with various types of dagger. Check your local TV ads for broadcast times and dates. Watch the trailer. FDA approves new drop of prescription eyes for Eye diseaseJuly 2016 — A twice daily eye drop called Xiidra (lifitegrast ophthalmic solution) 5% has received FDA approval for the treatment of signs and symptoms of dry eye disease in adults. Biotechnology company Shire manufactures Xiidra and plans to launch it in the United States this quarter. The clinical program that supports Xiidra's approval is the largest for dry eye disease in the research stage to date, including more than 2,500 patients, Edward Holland, MD said, in a release from the company. Dr. Holland is a professor of clinical ophthalmology, University of Cincinnati, and a researcher of clinical trials for Xiidra. The design of the clinical trial program took into account many of the challenges of past dry eye research, he continued. It's exciting to see Xiidra as the first FDA-approved prescription eye drop for both signs and symptoms of the condition. In the safety/efficacy study, 1,067 patients received the drops in four 12-week placebo-controlled trials. In two of the trials, an improvement in the patient's reported dry eye score was observed at two weeks. In three of the trials, an improvement in the lower score of corneal staining was observed at 12 weeks. The most common adverse reactions reported in 5 to 25 percent of patients were irritation of the instillation site, altered taste sensation (dysgeusia) and decreased visual acuity. Celebrate National Sunglasses Day 2016 — Monday 27 is National Vision Council Sunglasses Day, but protecting your eyes from UV rays from the sun is important every day. Please click here for a great infographic that you can download and share! The more exposure your eyes have to sunlight without sunglasses throughout your life, the greater the risk of cataracts, macular degeneration and more, even on cloudy days. After a day in the sun without sunglasses, UV rays can also cause immediate and temporary problems such as red eyes and sensitivity to light. Don't let excuses stop you from protecting your eyes. Get several pairs of sunglasses and save spare shadows in your car, so you don't get caught without them. According to The Vision Council, these are the four main excuses for not wearing sunglasses while outdoors: I don't have them with me — 28% forgot to wear them — 26% I'm not out long enough to put them — 17% don't have prescription sunglasses — 11% Celebrate National Day sunglasses by making sure your family always wears shadows while away. On June 27, post a sunglass selfie at your favorite social media center with the hashtag #NationalSunglassesDay for the importance of UV protection for the eyes. — The N.B.Zika virus is now believed to cause retinal injuryFebred 2016 — Zika virus has rapidly reached epidemic proportions in Brazil and is now spreading rapidly to other parts of the Americas, including Hawaii, where the Centers for Disease Control and have confirmed the birth of a microcephalic baby whose Brazilian mother became infected with Zika.It is estimated that, in 2015 alone, more than one million Brazilians have had Zika virus infections. The infection, which is usually transmitted by the Aedes aegypti mosquito, is rarely life-threatening. People typically experience short-lived fever, nonspecific rash, and joint pain. Conjunctivitis, muscle pain and headache have also been reported. Some do not experience any symptoms at all. But when infection occurs during pregnancy, complications are much more serious, most often causing microcephaly. In fact, six months after the onset of the Zika outbreak in Brazil, there was a 20-time increase in newborns with microcephaly. By January 4 of this year, Brazil's Ministry of Health had reported 3,174 newborn microcephales. Now, according to a study report published in JAMA Ophthalmology, microcephaly appears to be not the only risk Zika poses to newborns. In the study, nearly 35 percent of the 29 babies with suspected microcephaly associated with Zika virus also have vision-threatening injuries, most of the time in both retinas. Millions of people are believed to have been infected with Zika virus. And in Brazil, where it is spreading faster, Zika testing is not readily available. In the United States, the Centers for Disease Control and Prevention can perform serological tests. However, the mild nature of symptoms means that the disease often goes unnoticed and is not reported. Considering that infection that causes microcephaly and retinal lesions usually occurs during the first or second trimester of pregnancy, it has been suggested that women in areas of the epidemic consider not getting pregnant. And it is recommended that pregnant women, especially during their first two trimesters, do not travel to areas where the disease is epidemic. — A.H.Ed. Note: For helpful Zika virus fact sheets, protecting your family from mosquito bites, controlling mosquitoes, and traveling during pregnancy, visit the CDC website. The hard-to-read card may have stumbled upon Steve HarveySebemember 2015 — Did carelessness, emotion, nerves, spotlights, or presbicia cause Steve Harvey to mistakenly announce that Miss Colombia had won the Miss Universe title instead of Miss Philippines? No one knows for sure. But we suspect that partly to blame was the design of the card Harvey was referring to when he announced the winner. The design is inconsistent, on the one hand. And the size of the guy is minuscule! We don't know what kind of uses Harvey, or if you have had presbicia correction surgery. Hopefully, the next time you are asked to read something on stage, it will be designed for a middle-aged person to read. — L.S.3 ways in which climate change can damage your eyesBeemember 2015 — Most organs in the body are internal, helping to protect them from environmental aggression. But the eye, which is one of the most essential and complex sensory organs we have, is largely unprotected most of the day. This makes it particularly vulnerable to environmental factors such as climate change. Video: National Eye Institute, NIHThe dangers posed by environmental factors have been extensively investigated in recent years and were the subject of a recent symposium of the National Institutes of Health that focused on the impact of climate change on human health. At the meeting, Sheila West, PhD, vice president of research at Wilmer Eye Institute, Johns Hopkins University, detailed the three most likely ways that environmental change can affect our eyes. The first is about the expansion of arid regions in the United States and around the world. As areas of the planet become hotter and less humid, people suffering from dry eye may see an escalation in symptoms. And because dry eye doesn't always produce symptoms from the start, more and more people can recognize that they have the condition and start looking for treatment they may not have needed otherwise. Climate change can also affect our eyes due to increased particles in the air. Dr. West noted longer fire seasons and crop cleaning as key criminals, emitting contaminants that can cause serious eye damage. In fact, in Dr. West's own research, eye irritants from smoke emitted by cooking fires led to an increase in eyelid and cornea scars in people with trachoma, which is the leading infectious cause of blindness worldwide. A third way that environmental changes can be harmful to our eyes is related to the depletion of the protective ozone layer in the Earth's atmosphere, which absorbs most of the harmful rays (UV) emitted by the sun. While recent international treaties can help reverse ozone damage, repair will take decades. Meanwhile, exposure to UV rays remains a risk factor for cataracts and other eye diseases. Dr. West estimates that UV exposure will lead to between \$150,000 and 200,000 additional cases of cataracts by 2050, with a price tag of more than \$1 billion for surgical care and treatment. And that's besides the large number of cases that would otherwise be diagnosed. — A.H.Why do you see yellow on a digital screen, even when it's not in November 2015 — When you look at an image of a lemon on a digital screen, whether on a phone, tablet or desktop, what color is it? Video: Vsauce If you think it's yellow, you An interesting Vsauce video called This Is Not Yellow explains how digital screens can trick our brains into seeing certain colors, even when those colors aren't actually displayed. The video also discusses the optical illusions created by modern artists, the electricity that fruits give off, and how quickly historical events can come out of our collective memory. Enjoy! Updated page October 2019 2019 2019

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