



# **The Eye Book: A Complete Guide to Eye Disorders and Health (A Johns Hopkins Press Health Book)**

*Gary H. Cassel, Michael D. Billig, Harry G. Randall*

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When all is well with our eyes, most of us take them for granted. But when our vision is blurred or our eyes are itchy and watery, it's hard to concentrate on anything *but* our eyes. In *The Eye Book*, three eye care specialists present a comprehensive reference to help readers care for their eyes and protect their vision, with special attention to changes and diseases that occur in the adult years.

After detailing how the various parts of the eye work together so we can see, the authors review everything that can go wrong—from myopia, hyperopia, and astigmatism to the major disorders of cataracts, glaucoma, and age-related macular degeneration. They also thoroughly describe each part of the eye and the problems that can develop, from the irritation of itchy eyelids and conjunctivitis to emergency situations such as a detached retina. They describe the signs and symptoms of all these problems and how to deal with them, including when to apply a warm compress—and when to head to the emergency room. Medical and surgical treatment of both minor eye irritations and major diseases are explained in detail, so readers know where to turn and what to expect.

The authors also tell readers what happens during an eye examination and how to recognize an eye emergency. They explain all about eyeglasses, including the various kinds of bifocals, and describe the care and maintenance of contact lenses in a way that makes wearing them a viable option for anyone who wishes to do so. They detail the special concerns of people with systemic diseases such as diabetes and indicate how common medications—from antibiotics and antidepressants to tamoxifen—affect the eyes. The pros and cons of refractive surgery are discussed, as are the special problems of people with low vision.

An appendix lists medications used to treat eye conditions and the side effects of those medications. The book is fully illustrated with fifty-five line drawings and includes a symptoms index that will direct readers to sections of the book which describe the possible causes of the specific symptoms they are experiencing.

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