



Don't neglect eye care during your pregnancy.

a peep into pregnancy

There's more to becoming a mum than the growing belly and strange cravings – your eyes undergo changes too. Protect your peepers with these tips from Dr Lee Sao Bing, medical director at Shinagawa Lasik Centre.

- **Blurry vision** Hormonal changes and water retention can alter the thickness and curvature of your cornea (the surface of the eye) and affect your vision. Visit the optometrist as you may need a fresh pair of spectacles. See your doctor if this does not resolve with adjustments in your vision prescription as it could be something more serious.
- **Dry and gritty** A drop in oestrogen levels can affect the moisture levels in your eyes. They may burn, itch or suddenly turn watery. Lubricating eye drops can ease the discomfort, and are safe for use during pregnancy and nursing.
- **Sore and sensitive** During the third trimester, some women are prone to a condition known as corneal edema where the cornea swells, thickens and becomes susceptible to infection. Redness and irritation may suggest an intolerance to contact lenses, so keep a pair of glasses ready as back up!

WHEN TO SEEK IMMEDIATE HELP

If you see spots or flashing lights, alert your gynaecologist as soon as possible. Although rare, these symptoms can indicate pre-eclampsia or eclampsia, conditions characterised by dangerously high blood pressure levels that are fatal to both mother and baby.