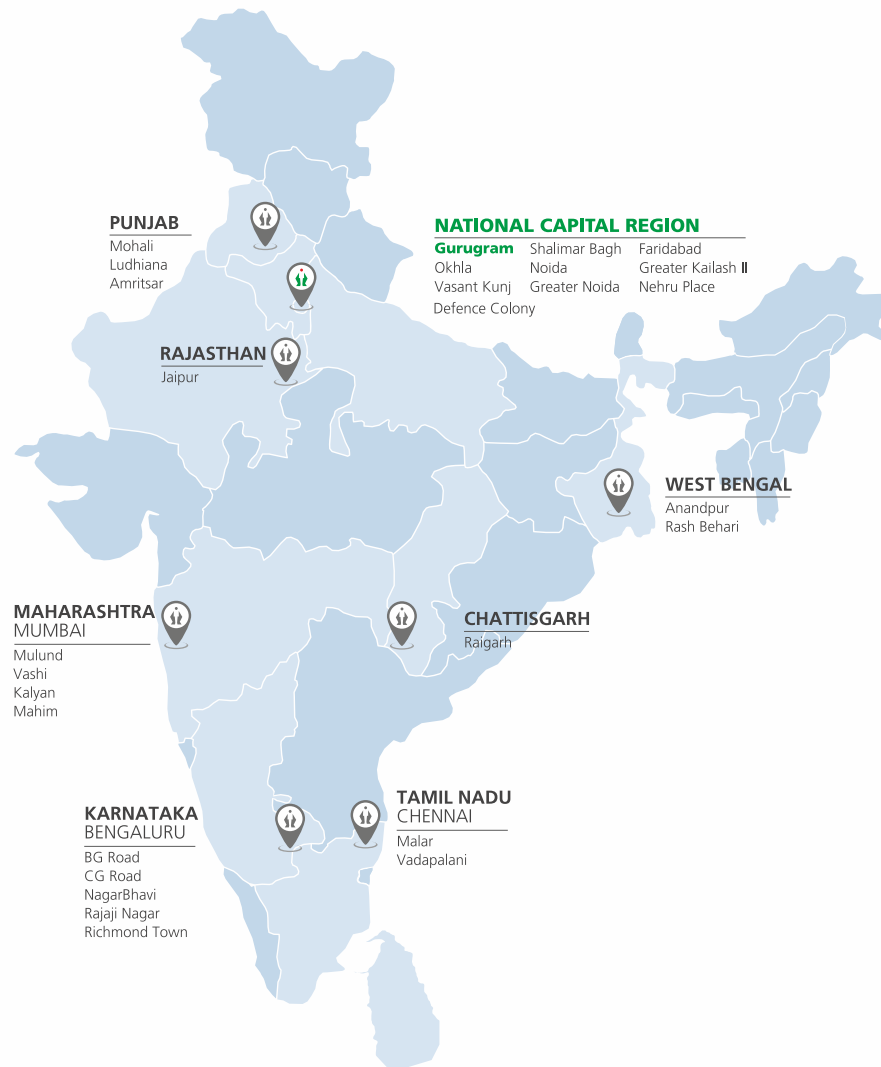


## THE FORTIS HOSPITAL NETWORK



## PREVENTIVE EYE CARE



### Fortis Memorial Research Institute

Sector - 44, Opp. HUDA City Centre,  
Gurugram, Haryana - 122001 | Phone: 0124 7162200

**Emergency: 0124 4962200 | Ambulance: 900 900 10 50**

[www.fortishealthcare.com](http://www.fortishealthcare.com)



Scan the QR code  
to download the  
myFortis App



Care.  
For good.

# FORTIS EYE INSTITUTE, FMRI, GURUGRAM

## “YOUR VISION, OUR EXPERTISE,,

Your eyes are your window which help you see the beauty of this magnificent world. Taking care of them is an investment in your overall health and well-being which no one can afford to miss! Eyes are most voluntary used organs in modern world due to digitalization. At Fortis Eye Institute, FMRI, Gurugram, we believe that prevention is key to maintaining healthy vision throughout your life. But unfortunately, people misunderstand getting vision checked at optical outlets for eye check-up. Though it's just the tip of the iceberg. Comprehensive eye check-up involves getting your vision checked and corrected, eye pressure check-up, anterior segment check-up, optic disc and macula check-up. And if need be or your family history hints at serious eye problems which can be inherited then further investigations and detailed retina examination

### 1 WHY CHOOSE FORTIS EYE INSTITUTE FOR PREVENTIVE EYE CARE?

- **Comprehensive Eye Exams:** Our thorough eye exams assess your overall eye health and detect potential problems early on like glaucoma, ARMD, etc.
- **Experienced Ophthalmologists:** Our team of specialists provides personalized preventive care based on your age, risk factors, and family history.
- **Advanced Diagnostic Tools:** We utilize cutting-edge technology to ensure an accurate diagnosis and monitor your eye health over time.
- **Patient Education:** We empower you with knowledge about eye health and how to maintain good vision.
- **Early Detection and Treatment:** Early intervention can prevent vision loss and the need for more complex treatments in the future.

### 2 BENEFITS OF PREVENTIVE EYE CARE:

- **Early Detection of Eye Diseases:** Detect conditions like glaucoma, cataracts, retinal holes and macular degeneration in their early stages, allowing for prompt treatment and better outcomes.

- **Preserved Vision:** Prevent vision loss and maintain clear sight for years to come.
- **Improved Quality of Life:** Enjoy a lifetime of vibrant experiences with healthy eyes.
- **Reduced Risk of Complications:** Early detection and management of eye diseases can prevent more serious complications down the line.
- **Peace of Mind:** Gain peace of mind knowing your eye health is being proactively monitored.

### 3 SIMPLE STEPS FOR HEALTHY EYES

**In addition to regular eye exams, here are some tips for maintaining healthy vision:**

- Eat a balanced diet rich in fruits, vegetables, and omega-3 fatty acids.
- Maintain a healthy weight.
- Manage chronic health conditions, such as diabetes and high blood pressure.
- Protect your eyes from UV rays by wearing sunglasses that block UVA and UVB rays.
- Give your eyes a break from screens by practicing the 20-20-20 rule: every 20 minutes, look at something 20 feet away for 20 seconds.
- Don't smoke. Smoking is a risk factor for several eye diseases.
- Schedule regular eye exams. The frequency of exams will depend on your age, risk factors, and overall health.

### OUR SERVICES

- Cataract Surgery
- Glaucoma Management
- Refractive surgeries
- Retina- Medical & Surgical
- Keratoconus
- Customised Artificial eye
- Diabetic Eye Care
- LASIK
- Advanced Intraocular lenses
- Squint - Adult and Paediatric
- Corneal Surgeries
- Oculoplastic surgery of eyes
- Paediatric Eye Care / Myopia clinic
- Preventive eye checks

**Invest in Your Vision. Contact us for further query**