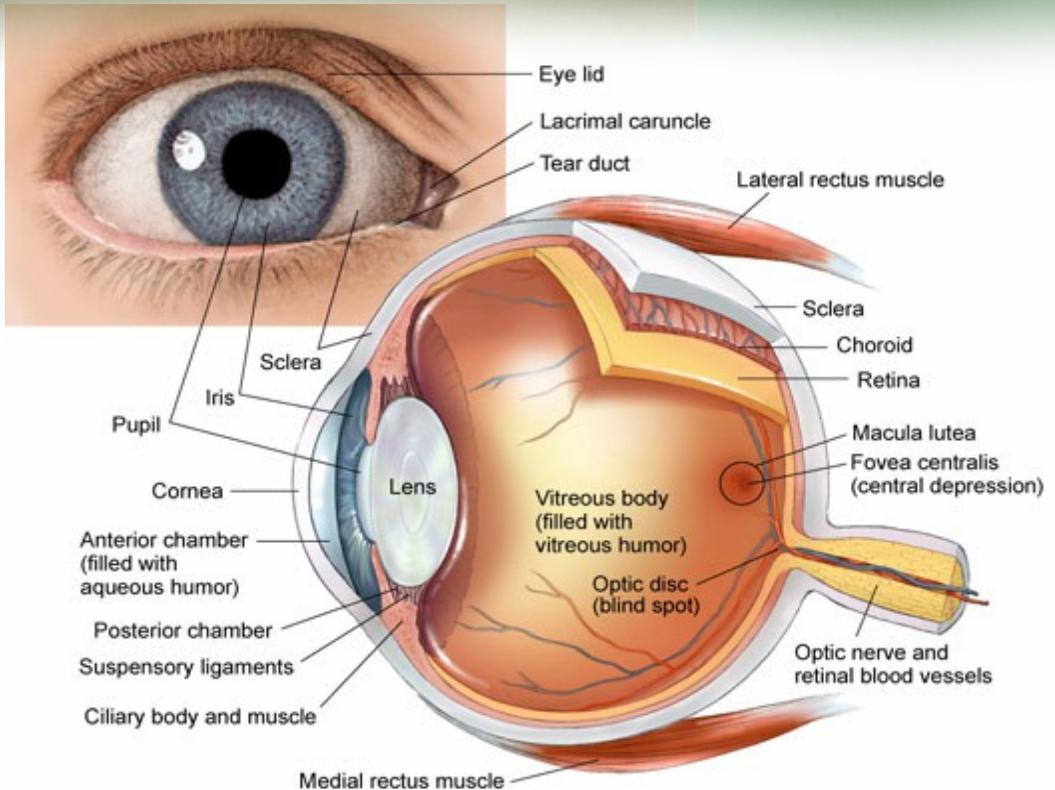


EYES AND VISION

How Do You See?

The human body is comprised of complex senses, having the eyes as one of them. But have you ever paused for a while and wondered how our eyes work? Beyond what you can think of, the process of human vision is truly amazing. In order for us to better understand how we see things, it is important to know the components of the eyes.

THE *EYE* ANATOMY



The Different Parts of the Eye

THE EXTERIOR

Eyes are organs, just like the kidneys, heart, and the skin. An anatomy of the eye, however, is highly complex. Each of our eye has more than two million working parts. It includes the external structures such as:

- The Eyelids – provides protection for the eyes
- The Sclera and Cornea – covers and protects the interior of the eyes
- The Tear Film – it carries oxygen going into the cornea and keeps the eye comfortable and healthy

DID YOU KNOW?



We blink for about 12, 000 times for each one of us to go about our day. And the cornea is the only structure in the body that does not have blood vessels. The blood carries oxygen to the different body parts, but the cornea gets it from the air.

THE INTERIOR

The interior structures of the eyes include:

- The Iris – this is the colored part of the eye
- The Pupil – this is the black circular opening in the center of the iris, letting the light in
- The crystalline lens – this is suspended behind the iris. This allows focus on far and near objects
- The Retina – this is a very thin layer of millions of photoreceptors, also known as "rods and cones".



Every day, the moment we wake up, the light enters our eyes through the cornea and pupils. When you are in a dark room and you turn on some bright lights, the pupils constrict to reduce the amount of light. However, opposite happens when you walk from bright sunshine going to a dark room. The pupils in this case, dilate to allow more amount of light to enter, so you can see better. After the passing of light through the pupils and crystalline lens, it then focuses on the retina. And the surprising part is that, the images flip upside down at the back of the eye! As the light reaches the back of the eyes, it travels along the nerves in the retina that come as a bundle. Then, the images travel all the way to the brain, through the optic nerves. As the brain processes the information, it again flips the images so we don't see it upside down. Without this happening, we could be living and seeing incredibly awkward.



Indeed, the human vision is efficiently designed. While this may sound strange, it is the way that the body can best process information. And this begs the thought, what will happen when everything does not perfectly work with our eyes? This is where human intervention comes in, our own responsibility to take care of our eyes and vision. Being informed through <https://twitter.com/MississaugaEye> of the things we can do to maintain the health of our eyes, living a healthy lifestyle, and a regular visit to the eye doctor are some of them.

