

## **SWEATING IT OUT**

I am a 47-year-old man. I have diabetes and high blood pressure and am taking the medicines for the same. On Sundays and on holidays I do some household chores like washing the clothes and dishes, dusting, cleaning the floor, etc., and I am sweating too much and I keep wiping the same. But in some cases, like when I am washing the dishes, if I can't wipe it, the sweat keeps dripping into my eyes. Although I splash water into my eyes immediately, they start burning because of salty water. My question is whether repeatedly exposing the eyes to sweat/salt water will cause any problem in the future.

Secondly my work is on the computer. Sometimes I find it very difficult to read words on the screen and on paper. Is the blurry vision due to this sweat entering my eyes? Or do I need to change the power of my spectacles? Please clarify.

*Pratap Kumar, **Mumbai***

**S**alt water and sweat does no harm to the eyes, but the easiest solution to your situation is to use a hand made of toweling when you are working.

Regarding the inability to read, you need to have:

- a.** a spectacle check.
- b.** a retinal check for diabetic changes on the retina.
- c.** any changes suggestive of early cataract which have a tendency to occur early in people with diabetes.

