

# *Spirituality*

## ***YOU BECOME THE PRODUCT OF YOUR THOUGHTS***

We can do only what we think we can do, we can be only what we think we can be and we can have only what we think we can have. This is why the bible says "As a man thinketh so he is" Prov. 23:7

The secret of all power, success and riches is in thinking.

There is a principle in quantum physics that says that our thoughts do not only affect us but also affect the things around us. For instance, before any city is built, the design will first exist in the mind of a man. The great business of life therefore, is "thinking the right thoughts". ***You can mould your circumstances by controlling your thoughts.***

We always go in the direction of our dominant thoughts.

The greatest revelation of our time is that God lives on the inside of man.

"Neither shall they say, lo here!, or lo there!, for behold the kingdom of God is within you"- Luke 17:21

God incarnated himself in man when he said "Let us make man in our own image. He cannot be shut up but must be expressed through our lives. One of the ways we can express the power of God in us is through our thoughts and imaginations.

If only man can understand this truth, nothing will be impossible with him. Man must first conceive his desire through imagination. When imagination is combined with faith in the unfailing power of God, result is inevitable.

James Okhai

## ***Cereers***

### ***How to become an optometrist***

*In order to make our career exploration in this edition more exciting, we decided to bring to you, a young woman who has excelled in her chosen career. Please, meet Dr Ngozi Onwuzurike, a licensed optometrist, as she tells us about optometry as a career.*

Hello Youngsters! My name is Dr Ngozi and I am an optometrist.

An optometrist is an eye doctor and the first point of call to a patient who has challenges with sight.

**The work of an optometrist** - It includes:

- \* Diagnoses of ocular diseases by conducting visual tests.
- \* Prescription of drugs as well as glasses for refractive errors.
- \* Treatment and management of ocular diseases.
- \* Referral of severe cases to ophthalmologists.

### **How are opticians and ophthalmologists different from optometrists?**

Opticians are technicians that grind and blaze glasses while ophthalmologists are medical doctors that specialise in ophthalmology (the care of the eye). An ophthalmologist studies general medicine at the university and later specialises in ophthalmology, unlike an optometrist who goes to the university to study the care of the eye out rightly. An optometrist is the first point of call for visual challenges while an ophthalmologist is the last resort. While an optometrist diagnoses eye diseases or conditions and prescribes drugs or glasses for treatment or management of such conditions, severe cases such as those which may require surgery are referred to an ophthalmologist.

### **Entry requirements and method of admission?**

You must have a credit pass in English Language, Mathematics, Biology, Physics and Chemistry( at not more than two sittings ) Optometry can only be studied in a university. In Nigeria, admission is through the UTME, after which your chosen university may require you to write a post UTME examination before selection. Presently, there are only three universities where you can study Optometry in Nigeria (University of Benin, Abia State University and Imo State University). However, you may choose to study in a foreign university.

**Duration of training** – The university training programme is for six years after which you are expected to do a one year internship programme in a registered eye clinic or in an hospital that has an eye clinic before the one year Youth Service.

**Job Prospects and Remuneration** – It is very easy to get a job after graduation because there are very few optometrists in Nigeria presently . ***You don't look for a job as an optometrist.***

The remuneration is also encouraging and it is the same as that of the medical doctors in the public sector but may differ in private clinics.

**Entrepreneurship prospects and requirements** - The prospects for private practice are very high because more people are beginning to take the care of their eyes very seriously. Before you can set up a private clinic, you must first practice in a registered eye clinic for at least 5 years, you must have a facility, basic equipment and an up to- date license obtained from the Optometrists and Dispensing Opticians Registration Board of Nigeria (ODORBN) who will also inspect your facility and equipment and certify them suitable.

**Professional Hazards** – The hazards are the normal close contact risks that doctors are exposed to as regards contagious diseases. Also, one could be sued and have one's license invoked for negligence or mismanagement of a patient's condition.

### **What are the personal attributes that one needs in order to excel in this profession?**

You must be caring, empathic, careful, gentle, responsible and discipline.

**Are you fulfilled ?** - Yes, I'm very fulfilled. Being an optometrist is the best thing that ever happened to me. I am happy when patients come back to say that they are better and happier than they were when they first came into my clinic. I am also happy that I don't have to see or touch blood as a doctor.

**Your advice to young People who aspire to become optometrists** – Optometry is a very beautiful profession and more people are needed in it right now. You need to take your studies very seriously, shun distractions and pursue your dream.

## *Wellness*

### Computer Vision Syndrome –Who is at risk?

Computer vision syndrome [CVS] is a condition which emanates from excessive close work on digital devices such as the computer, handheld video games and e-books. The condition is characterised by surface dryness and eye strain.

**Symptoms** - Its symptoms include fatigue, headaches, neck aches, backaches, double vision.

Dr Rachel Bishop, chief of consulting services at the National institute of health in Washington explains that the fact underlying the condition is that people do not blink as much as they ought to when concentrating on a computer task and that causes eye dryness and fatigue. According to him, there is a small muscle in the eye which focuses the eyes on whatever you are looking at and the muscle tires from focusing for long periods.

Doctors assert that looking at an electronic screen is different from looking at printed materials. Printed materials such as books have greater contrast and are therefore friendlier to the eyes while electronic screens are more difficult to bring into focus and require more effort which strains the eyes.

### **What Are the Effects?**

- \* Low productivity in older people
- \* Learning difficulty and consequently, low grades among school children and even older scholars.
- \* Research show that more youngsters are becoming near sighted as a result of excessive close work on handheld devices.
- Other effects- Fatigue, headache, neck ache, backache, double vision and blur vision.

### ***How Much Time On The Computer Is Too Much?***

Dr Michael Denas of the American Optometric Association warns that spending more than 3 hours per day in front of a computer or a digital device exposes you to computer vision syndrome.

### ***Who is at Risk?***

Young people may be more vulnerable because they spend long periods on the computer, video games, TV and other digital screens. Adults who use the computer often for long periods are also vulnerable; about 80 million adults are already suffering from the condition in the United States.

### **Prevention**

- Take a break from the screen every 15 minutes to look into distance.
- Place your computer 10.2cm below your line of sight. i.e don't look up at a computer terminal.
- Avoid working for more than 3hrs daily on the computer

### **Remedy**

If you are already suffering from the syndrome, you need to See your doctor for eye drops and occupational glasses. Also, the preventive measures listed above can also Prevent your condition from getting worse.

## When Dad Says 'No'

Most mums would always take the pains to explain to us why they wouldn't grant some of our requests or why they disapprove of some of the things we may like to do but this is not usually the case with dads. Dads being men are usually more authoritative in their approach and do not have the time and patience to give explanations regarding their decisions. To many of us, this attitude shows that they either do not love us or care enough for our feelings and needs. The truth is that dads do love their kids as much as mums do though they may be different in their approach to issues. When dad says 'no' to your request, it may be for any of the following reasons -

- He doesn't have the funds at that moment and feels shy to say so. Most dads feel it is a let-down of their ego to own up to being broke especially before their children.
- What you request for may not be necessary at that point in time. Sometimes we as young people can really become desperate over something as though our lives depend on that thing which in the real sense may not be necessary at all at that point in time. For example, you may ask your dad to buy you a blackberry while he may see a blackberry as a source of distraction that could affect your studies negatively.
- You may have asked at the wrong time. If you make a request when he is either angry or sad over something, you are likely to get a negative response.

- You haven't impressed him- The happier your dad is with you, the more likely it is for him to grant your request.

Some of us expect our parents to always respond to our request even when we disrespect or disobey them. It is true that our parents owe us a duty to look after us but we must understand that they also have emotions just like us and expect us to show concern for their own feelings.

Parents ought to love their children unconditionally but your behaviour can influence how much expression they give to that love .

If dad said 'no' to you the last time, try to find out why and make the necessary adjustment so that you can get a 'yes' the next time.