

COVID-19, Psychological impact and maintaining eye health

We understand that the pandemic may have caused you to be concerned about many things including your physical and mental health, being able to see friends and family, and obtaining groceries and supplies.

It is common to be worried during times of crisis, but it is also important to recognize if you are suffering from the symptoms commonly associated with anxiety including increased heart rate, trouble sleeping and irritability.



“Patients may feel quite vulnerable at this time with medical conditions that place them at high risk for serious complications of COVID-19. These are exactly the times to take special care of your physical and mental wellbeing, including your vision and seek support from trusted professionals and family so that you can continue to do the things you value in life.”

Dr Jane Barratt, Secretary General, International Federation on Ageing



If you are experiencing signs of depression or high anxiety please contact your general practitioner to ask for support.

There are steps you can take to help reduce the amount of anxiety you are experiencing¹



Eat healthy foods



Find new hobbies that you may enjoy



Welcome humor



Monitor for changes in your health



Limit caffeine



Talk regularly to the people you care about



Get enough sleep



Maintain a positive attitude



For support with your eye health we encourage you to contact your local clinic who will answer any questions you may have related to your vision or current COVID-19 measures implemented in your clinic.



“During the lockdown of the pandemic, patients attending ophthalmology appointments have decreased by nearly 80%². Over the last few months, clinics have implemented many of the measures to ensure that the safety of staff and patients is paramount, as we understand this may be overwhelming. However, we are committed to ensuring people receive essential eye treatments so please speak to your clinic if you have any concerns.”

Professor Jean-François Korobelnik, Professor of Ophthalmology in Vitreoretinal Surgery and Head of the Ophthalmology Department at the University Hospital of Bordeaux, France

The Vision Academy is an international group of more than 90 experts worldwide. The Vision Academy is supported by Bayer. The opinions expressed by the Vision Academy do not necessarily reflect the opinions of Bayer.



References: 1. Aaaa.org. 2020. Tips To Manage Anxiety And Stress | Anxiety And Depression Association Of America, ADAA. [online] Available at: <<https://adaa.org/tips>> [Accessed 19 October 2020]. 2. Commonwealthfund.org. 2020. What Impact Has COVID-19 Had On Outpatient Visits?. [online] Available at: <<https://www.commonwealthfund.org/publications/2020/apr/impact-covid-19-outpatient-visits>> [Accessed 19 October 2020].