

'Good diet, God helped my vision'

Namhla Tshisela

SHEILA Stone says she owes her near perfect vision to a good diet and "God, no one else".

Unlike her elderly peers, Stone, affectionately known as "Stoney Ginger Beer" by her friends, has never had to wear spectacles.

"I am 77 and I have never had to wear glasses," boasted the bright-eyed granny.

"I have never had problems with my eyes. From an early age my mother taught me to

clean my eyes every day with clean water. Eating lots of vegetables, using little spice in my food and God – no one else – also helped," she said.

But Stone was delighted when she recently got a pair of reading glasses to read her Bible.

"Every day I read a psalm to give me strength and uplift me. It's not always easy because the print is too small," she said.

Stone was one of 67 pensioners whose eyesight was tested by Vision in Sight Trust

– a body established by the SA Optometric Association – in Mogale City last week.

The organisation provides eye care by performing tests and giving glasses to those who cannot afford them, such as children and the elderly.

"Eye care is essential but is a privilege only a few can afford," optometrist Beverley Milun said.

Milun said regular tests – ideally annually – were essential to pick up conditions affecting the eyes and which

can lead to blindness.

"This is because cells in the eyes don't regenerate themselves and eyesight deteriorates as one grows older.

"Most people do more to take care of their cars than their eyes," she said.

She said this was unfortunate because if not diagnosed early certain conditions cannot be healed or reversed.

Milun said older people were prone to conditions such as cataracts, which blurs the vision, and can also lead to blindness.



BRIGHT EYED: Sheila Stone received reading glasses.

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