



## METADATA

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## Abstract

Environment is what surrounds us. Based on this general assumption, this textbook attempts an approach to environmental factors that either directly or indirectly affect the eye and vision. The concept of environment is just as complex as the concept of health. In fact, the definition of the environment has gone through many stages, mainly because of the different perspectives that is approached. The environment refers to everything that surrounds an element, object, or organism. In this way, the term "environment" covers anything that can directly affect the behavior as well as the health of living organisms, such as light, air, water, and other factors. According to Law No.1650/1986, the environment is defined as "the set of natural and man-made factors and elements that are in interaction and affect the ecological balance, the quality of life, the health of the inhabitants, the historical and

cultural tradition and the aesthetic values». So, we will browse our environment, the daily environment of each of us, and we will try to identify the environmental factors that are harmful to the eye health and vision. We research, through the literature, if there are risks of environmental origin, even inside our home, from the moment our day begins to the end of it, whether they are cumulative or not, and what they can cause. We have created thematic units-chapters for better understanding, starting with what the environment is and what belongs to it, what are its effects on human health and by extension on the eye and vision. We study separately the indoor from the outdoor effects on human health and the eye, as well as the causes that cause inflammations, allergies, the effect of nutrition, radiation, all kinds of chemicals, GMOs and how these factors can affect the health of the eye.

