I Spy With My Little Eye [1]

Week of:
Apr 19, 2019

What can I do for the stye on my eye? [2]

Hi Alice,
What do you do for a stye on your eye? It's swelled almost shut.

Read more [2]

Is it okay to sleep with my contact lenses? [3]

Dear Alice,
Is it dangerous to sleep in your soft disposable contact lenses for one night if you can't get them out?

Read more [3]

Is worsening of nearsightedness (myopia) preventable? [4]

Dear Alice,
How do you prevent your eyes from getting more nearsighted? Is there a way?

Read more [4]

Eyelid twitching [5]
Dear Alice,

I am a 24-year-old female, and I would consider myself to be a very anxious person (and have always been that way). For the past few months, I have been experiencing a problem with an eyelid spasm. It's always my right eye, and the lid flutters up and down a lot, sometimes lasting for a few days. It doesn't hurt, but is very annoying! I've had people tell me that it's due to stress and/or lack of sleep. Is this true, or could it be due to some kind of nerve damage? Should I go to an eye doctor?

Read more [5]

What are these white spots around my eyes? [6]

Dear Alice!,

I always have at least one or two white spots on my eyelids. They don't hurt, but people do stare at them. They eventually fall off and reappear in other places. I've been told they are calcium deposits and/or sweat bumps. Help me out with a treatment and let me know if they are connected to any disease.

Thanks!

Read more [6]

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