Why does my eye twitch?

There is a Yoruba fable that if your hand is itchy, it means you are going to be stupendously rich. However, I have extrapolated this to mean that if you have twitching of the lids you are not just going to be stupendously rich, you will develop the ability to see things that others do not see! My eyelids have twitched on numerous occasions, waiting for major predictions to arrive. And surprisingly, it is the opposite, I am quite slow at seeing things that others see. I however know that I am going to be stupendously rich very soon, I have been waiting for the lid twitching of the eyelids and having told them about the possibility of becoming millionaires, they have all, without any exceptions, promised me a tidy percentage of their wealth if my prediction came to pass. Considering the numbers, I stand a very good chance of becoming a billionaire and one of the richest people in Nigeria.

Simple twitching of the eyelids is a fairly common phenomenon. It is caused by involuntary contractions of the muscles of the lid. In many cases, they are short-lived and quite of no consequence. In some cases, twitching is usually not visible to anyone but is very annoying to the sufferer. "Why does my eye twitch?" asks Mrs Smart. "What can you do to stop it?" choosed Babatunde.

As if to illustrate this phenomenon, John came in looking dishevelled, dejected and tired. He had been awake all night because he had stayed by the side of his young daughter who was in labour and expecting their first baby. Unfortunately, after four hours of waiting, the doctor came and said she wasn't really in labour but having spurious contractions and should be sent back to the ward. "Is it when my glasses?" Lolade asked. "Oh, I must have left them at the hospital," he replied. Just then, as if on cue, his left lower lid began to twitch. "Doctor, look at John's" shouted Shade in excitement. John's lower eyelid was twitching and visibly too, because he was light skinned and facing the light.

John couldn't understand why they were making so much fuss about his lids when there were more pressing problems - his young daughter was in labour and expecting their first baby. The lid twitch comes on any time I am under stress or forget to put on my glasses for a few hours. For me it is unusual, I am only embarrassed because you seem to have taken notice. Not everyone is waiting for my eyes to twitch," John said. He followed with a question to the doctor. "What are these spurious contractions that the doctor is observing about an infection to my wife's labour pains? The doctor could not help laughing. Everyone was taken aback to see the usually reticent Dr. Johnson, laugh so uncontrollably!

Dr. Johnson tried to explain the reason for apparent tardiness to John, who definitely was not amused. "I am laughing at the lunacy coincidences. Just before you came in, Mrs Smart had asked, 'Why does my eye twitch?'. I was just about to answer when you came in, and not only did you demonstrate what an eyelid twitch was, you went ahead to answer her question.

"The commonest cause of twitching is, indeed, fatigue." John couldn't understand why they were making so much fuss about his lids when there were more pressing problems - his young daughter was in labour and expecting their first baby. The lid twitch comes on any time I am under stress or forget to put on my glasses for a few hours. For me it is unusual, I am only embarrassed because you seem to have taken notice. Not everyone is waiting for my eyes to twitch," John said. He followed with a question to the doctor. "What are these spurious contractions that the doctor is observing about an infection to my wife's labour pains? The doctor could not help laughing. Everyone was taken aback to see the usually reticent Dr. Johnson, laugh so uncontrollably!

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"The commonest cause of twitching is, indeed, fatigue." This can be due to lack of sleep or taking too much stimulants such as kola nuts, caffeine from beverages such as coffee and tea. Increased stress is also implicated in this condition. In some cases, it is associated with eye strain or use of inappropriate or outdated glasses. Often a gentle massage of your eye will stop the twitching. Lack of fatigue or lack of sleep, will disappear after a good sleep. However, persistent twitching may require investigations for more serious causes. Clinicians have found that some labour contractions resembling muscular contractions that your wife had are similar to the involuntary twitching of the muscles of your eyelids. The muscles of the womb (uterus) twitch involuntarily and these are not under voluntary control. They are false, mild and superficial and make no impact on the progress of the labor."