

See

Celebrating
a World
of Vision



INSIGHTS

Does Your Child Need Eyeglasses?

Vision problems during childhood can make their presence known in subtle ways. The signs of vision problems aren't always clear cut because eyesight imperfections are common among school-age kids. Most children can be treated with a pair of prescription glasses, but leaving vision problems undiagnosed or untreated can have lasting effects on a child's eye health. It can also impact their performance in school and their confidence with engaging in normal activities.

Spot the Warning Signs

There are several subtle warning signs that may suggest vision problems in children. For example, your child may tend to close one eye when reading or watching TV or they may avoid activities that require near vision (reading, homework, computer use) or distance vision (sports, other recreational activities). Their grades may also be lower than normal.

Other hidden signs that your child has vision problems are if they are frequently:

- Telling you their eyes are tired
- Rubbing their eyes
- Experiencing light sensitivity
- Producing tears inexplicably
- Holding books unusually close to the face
- Sitting very close to TVs or computer screens
- Squinting or tilting their head to see better
- Having headaches

If your child shows any of these signs, see your optometrist to determine if an eye problem is the underlying cause.

Common Childhood Vision Problems

Refractive errors are the most common causes of vision problems among school-age children, including myopia,

hyperopia, and astigmatism. In some cases, children can have astigmatism and myopia or hyperopia at the same time. Other childhood eye problems include strabismus ("crossed eyes"), amblyopia ("lazy eye"), convergence insufficiency (a type of strabismus), color blindness, and vision loss.

The good news is refractive errors can usually be corrected with a pair of prescription eyeglasses or contact lenses. A vision prescription will be provided to you after your child's eye exam and contact lens fitting, if needed. This can then be used to buy glasses or contacts at the retailer of your choice.

Eye Exams and Vision Screenings Can Help

Vision screenings are a popular way to monitor eye health in children as they grow up. Although these screenings are not a replacement for a comprehensive eye exam, they can be used to catch the signs of eye problems with a lower time and cost commitment.

The American Academy of Ophthalmology recommends vision screenings as follows early in life:

- As a newborn
- Between the ages of 6 and 12 months
- Between the ages of 1 and 3 years
- Between the ages of 3 and 5 years
- After age 5 years

As children progress through their school-age years, the American Optometric Association recommends an eye exam every year, regardless of whether a vision problem is present.




EYE TECH

A Closer Look at Phones For the Visually Impaired



The frequency of visual impairment is expected to double over the next 30 years. At the same time, phones are increasingly becoming a necessary part of daily life. As such, the availability of phones specifically designed for people who are visually impaired is critically important.

Feature phones and smartphones are two types of phones that have been designed to accommodate the visually impaired. A feature phone is a simple phone that lets you make phone calls and send text messages. These flip phones have the screen and keypad on the same face. Conversely, smartphones have everything built into a backlit, smooth glass screen.

Both types of phones have several accessibility settings for people with visual impairments. These include:

- Separate buttons with raised bumps
- Simple voice commands and speed dial
- Screen magnifiers
- Color settings

Many blogs and websites review the accessibility of phones, brands, and providers. Larger brands also tend to have accessibility hotlines to answer questions and recommend exact products. If you have visual problems and aren't sure about next steps to take, talk to your eye doctor today.



5 Key Reasons Why Annual Eye Exams Matter

Annual eye exams help assess if you're experiencing any new vision changes. Here are five reasons why you and your family should be vigilant about getting annual eye exams:

1. Eye exams help children succeed in school

An annual eye exam is the only way to ensure your child is seeing clearly and comfortably to succeed in the classroom.

2. Myopia is becoming an epidemic

The number of children developing myopia is increasing, and annual eye exams are the best way to assess your child's risk of myopia and to ensure its treated quickly and appropriately.

3. Vision screenings are no substitute for an eye exam

Vision screenings help check if vision problems might exist, but a comprehensive eye exam is best to assess vision and eye health. Thorough dilated eye exams also check for potentially serious eye diseases.

4. Glaucoma

Without routine eye exams, people who develop glaucoma might become aware of the condition only after experiencing permanent vision loss. Early detection is possible with routine eye exams.

5. Annual eye exams can detect other serious health problems

A yearly eye exam can also help detect serious health conditions, such as diabetes, high blood pressure, high cholesterol, and cancer. Our eyes are "the window" to our overall health.

Be sure to keep up with your annual eye exams, even if you don't have any known eye problems.



Contact

Tara O'Grady
tara@alldocsod.com

Heather Kreidler
hkreidler@foxyeyecare.com



SAVE NOW
on select CooperVision® contact lenses

Now is the time to schedule your yearly comprehensive eye exam and take advantage of money saving rebates on select CooperVision® contact lenses.

There's no better time than now!

And with CooperVision's Simply Satisfied™ Guarantee, you can be confident knowing that if you aren't completely satisfied with your purchase, we'll make it right.



Schedule an appointment today and ask how you can save on your contact lens purchase!



Offer valid on purchases made between 7/1/23-12/31/23. Rebate valid on qualifying purchases of MyDay® brand, clariti® 1 day brand, Biofinity Energys®, Biofinity®, Biofinity® toric, and Biofinity® multifocal.

EYE-DROPS

Do you know what causes "red-eye" in photos?

Red-eye occurs when a camera flash or other bright light source is reflected back at the camera. The reflected light illuminates the blood vessels at the back of the eye, which produces the red color seen in photos.



THANK YOU TO OUR NEWSLETTER SPONSORS

