

Keeping Eyes Healthy

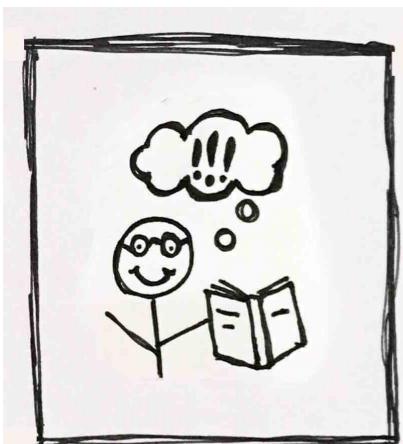
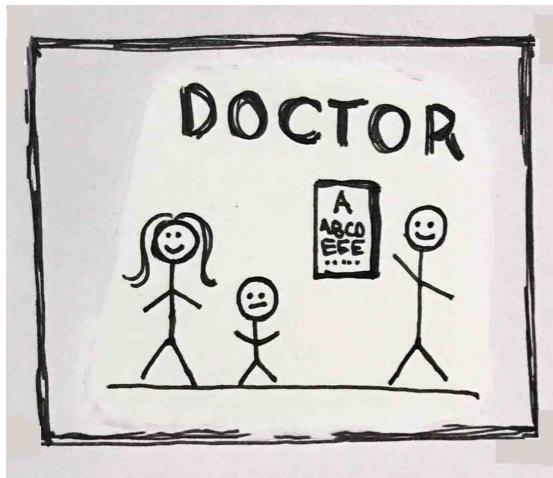
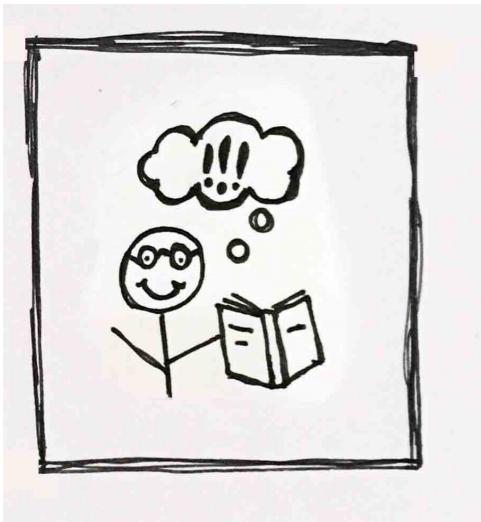
- Eat right and get plenty of exercise.
- Get adequate sleep so eyes are rested.
- Have plenty of light when reading.
- Wear sun glasses with UV-A and UV-B protection when outdoors.
- Avoid eye strain - rest the eyes periodically during the day (about every 30 minutes).
- Overuse of electronic devices can be as damaging as staring into the sun. Take regular 20 minute breaks from using any computer, smartphone, iPad, etc.
- Wear eye protection around power tools and when playing sports.
- Wear glasses as the doctor prescribed.
- Repair glasses when they get broken.
- Have regular eye exams by an eye care professional.

This information is provided by the Lions Club – Beaufort, SC Chapter.

Sources are: www.aoa.org;
www.allaboutvision.com;
www.nei.nih.gov

For further information visit us at:
Facebook – Beaufort-Lions-Club
Website – beaufortlionsclub.org

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Lions' Eyes

Having Good Vision Makes A Difference

To succeed, children need many abilities. Good vision is a key. Taking care of the eyes is just as important as taking care of the rest of the body.

A child's eyes are in constant use in school and at play. When a child's vision suffers, chances are his schoolwork, his mood, and his confidence suffers too! After-school team sports or playing in the backyard are not as much fun or successful if children cannot see well.

The older a child gets, the greater the demand on the eyes with increased reading, studying, and just being active and engaged. Success in sports and outdoor games requires specific vision skills including distance vision, depth perception, a wide field of vision, and effective eye-hand coordination.

It is a fact that life and learning can be more stressful and difficult if a child's vision has not developed correctly.

Some Children Have Vision Problems

One in four school-age children has vision problems that, if left untreated, can affect learning ability, personality, adjustment in school and among their peers and, in general, their success in school, sports, work, and life (Prevent Blindness America).

Common vision problems are nearsightedness or farsightedness, difficulty with eye focusing, eye tracking or eye-hand coordination.

How Do I Know If My Child Has A Vision Problem?

There is **no substitute** for a thorough eye exam at least once every two years conducted by an eye care professional. If a specific problem is identified, corrective action will be prescribed. A child's pediatrician or family doctor can refer parents to the right eye care professional.

Lions Club International through the Beaufort Chapter conducts free annual eye screenings of students. This screening process assesses both eyes using a mobile electronic screening device that measures several aspects of the eye and records the information. If specific vision problems or risk factors exist, the students' parents are then encouraged to take this information to an eye care professional for a more thorough exam. This screening method is highly accurate and can be used with children as young as six months up to and through adulthood.

Parents should be alert to vision screenings that only test for distance visual acuity – the ability to see the chalkboard at a distance. While these screenings are helpful, they may overlook other vision problems that might exist, such as reading a book or focusing on a computer screen.

Signs of Vision Problems You May Notice

- Sitting too close to the TV and/or holding a book too close
- Losing the place while reading and/or difficulty remembering what he or she read
- Squinting, tilting the head or frequent eye rubbing
- Sensitivity to light and/or excessive tearing
- Closing one eye to read or watch TV
- Avoiding activities due to poor vision (near or far)
- Complaining of headaches or tired eyes
- Performing poorly in classroom

Correcting Vision Problems

- Take the child to an eye care professional for an exam
- Eyeglasses or contact lenses can provide needed correction for many vision problems. A program of vision therapy may be required.
- If eyeglasses are prescribed, picking out the right frames is very important:
 - ⇒ Let the children pick out frames when possible
 - ⇒ Choose plastic frames for young children
 - ⇒ Metal frames with spring hinges are more resistant to bending and other damage
 - ⇒ Consider a stronger polycarbonate lens if the child is very active or participates in sports
 - ⇒ Contact lenses are an option only if the child is capable of inserting, removing, and cleaning the lenses as prescribed by the eye care professional