

## August is Children's Eye Health and Safety Month

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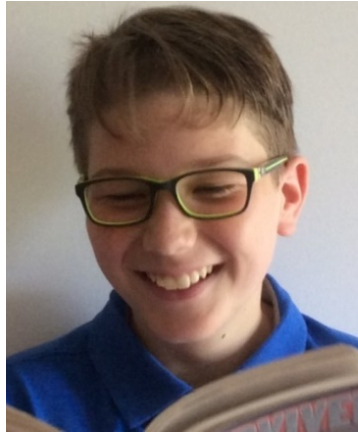
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## Make Sure Your Child is Ready for Success in School!



Twenty-five percent of school children have vision problems; many go undiagnosed and untreated.

That can leave too many kids behind, wasting years of education and money. Requiring comprehensive eye exams can help more kids succeed academically and graduate. **Don't delay in scheduling your child's eye exam.**

We have a "Back to School" Student Special available: \$175 for full dilated eye exam and glasses\*.

When purchasing a new pair of glasses for your child you can put their new prescription in an old frame for \$29.95\*.

*\* Single Vision Clear Polycarbonate Lenses up to RX +/- 4.00. Not to be combined with other offers.*

## Nearsightedness is a Public Health Crisis

Nearsightedness has risen dramatically over the last 50 years. If nothing is done to help slow the increase, half the world's population may be nearsighted by the year 2050. That means much more than a lot of people in glasses. It means a lot of kids today are at risk of developing vision-threatening eye conditions tomorrow. That's why the Eye Centers of Northwest Ohio and the American Academy of Ophthalmology are sharing information about myopia and its progression.

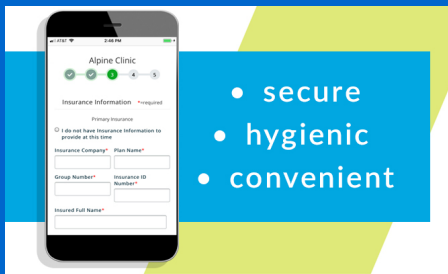
People who have myopia, also known as nearsightedness, can see close-up objects clearly, but objects farther away are blurry. Myopia that begins in early childhood often worsens as the child grows. If these changes are too extreme, it can be hard to correct the blurriness with glasses or contact lenses and the risk of potentially blinding eye conditions rises, including retinal detachment, glaucoma, early cataracts and myopic maculopathy, a leading cause of blindness world-wide.

**No Vision Insurance, No Problem, Join our Membership Program today!**

[www.eyecentersofnwo.com/members-portal](http://www.eyecentersofnwo.com/members-portal)



**We Now Have Paperless Check-In Available**



Follow the link that we text to you the day before your appointment

**Courtesy: The American Academy of Ophthalmology**  
[www.aaopt.org/](http://www.aaopt.org/)

## Eye Health Tips for High School and College Students

Students face special challenges to the eyes when they are under academic performance pressure. Lack of sleep, prolonged computer use and long hours studying make for tired eyes that are dry, scratchy and achy.

Prolonged computer use contributes to eye fatigue because you blink less frequently. Less blinking significantly reduces lubrication in the eye making it feel tired, scratchy and "dry" as a result. Also eyes are not designed for prolonged focus on a single object, such as the computer. Remedy: place a note on the computer screen as a reminder to blink and to look away from the screen and focus on objects in the distance. Looking out a window (20 – 20 – 20 rule: for every 20 minutes of computer work, look away for 20 seconds, and focus on a scene or object at least 20 feet away) is a good break for the eyes. The key is to give your eyes a rest.

"Dry eye" is a common feeling from not giving your eyes enough rest while some people just naturally do not produce enough tears to keep their eyes healthy and comfortable. Some common symptoms of dry eye are stinging and burning to the eyes, scratchiness, excessive eye irritation from smoke or wind and excessive tearing. Remedy: If you have occasional symptoms of dry eye, you should try eye drops called artificial tears. These are similar to your own tears and help lubricate the eyes and maintain moisture. For persistent "dry eye," make an appointment to see us.

## Contact Lenses and Sleep Deprivation

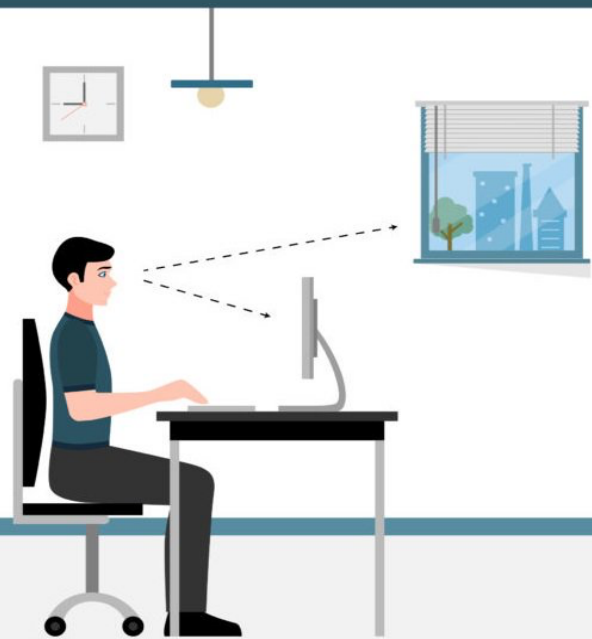
When a contact-lens wearer stays awake studying for 18-20 hours or more with their contacts in, it's almost the equivalent of sleeping with contacts in, something that eye doctors warn against. Prolonged wearing of your contact lenses is a problem for people who wear regular hydrogen lenses, since traditional hydrogels are relatively less permeable to oxygen than newer alternatives like silicone hydrogels. The eye needs oxygen to keep it healthy. Without regular exposure to oxygen, the eye's cornea can become inflamed and the vision blurry. Prolonged contact lens use can even lead to infections or corneal ulcers that in the worst case can permanently damage vision.

Sometimes students fall asleep without knowing it (with their contacts in), while studying. Remedy: Alternate wearing contact lenses with use of eyeglasses during long study periods. Also, students with irregular sleep patterns can wear contact lenses made of silicon hydrogen, a new material with improved oxygen permeability, which may reduce risk of infection and discomfort.



## AVOID COMPUTER EYE FATIGUE

FOR EVERY  
**20**  
MINUTES  
ARE ON THE COMPUTER  
**STOP**  
LOOK AT SOMETHING  
**20**  
FEET  
AWAY FOR  
**20**  
SECONDS



**THIS GIVES YOUR EYES A BREAK, HELPS TO REDUCE EYE STRAIN,  
AND HELPS YOU STAY ALERT.**

Good ergonomics is as important as resting the eyes periodically. We tend to use digital devices at less than ideal distances and angles, which leads to eyestrain. To encourage good posture and better habits, set up a "home office" for your kids. Follow these tips to optimize their workspace:

- Make sure they view laptops at arm's length, about 18 to 24 inches from where they are sitting. Ideally, they should have a monitor positioned at eye level, directly in front of the body. Tablets should also be held at arm's length.
- To reduce glare, position the light source behind the back, not behind the computer screen.
- Adjust the brightness and contrast on the screen so that it feels comfortable for them.
- Don't use a device outside or in brightly lit areas; the glare on the screen can cause eye strain.
- Avoid using a device in a dark room. As the pupil expands to accommodate the darkness, the brightness of the screen can aggravate after-images and cause discomfort.
- Put down the device 30 to 60 minutes before bedtime. Blue light may disrupt sleep. For your procrastinating teens, switch to "night mode" or a similar mode to reduce blue light exposure.