



PATIENT NEWSLETTER  
MARCH 2024



Celebrating  
a World  
of Vision

 **INSIGHTS**

## Don't Let Learning-Related Vision Issues Hold Your Child Back

According to experts, approximately 80% of what a child learns in school is information that is presented visually. This emphasizes the importance of good vision for students of all ages to reach their full academic potential. Any vision problems that have the potential to affect academic and reading performance are considered learning-related vision problems.

Ruling out simple refractive errors is a key step in making sure your child is visually ready for school. Conditions like nearsightedness, farsightedness, and astigmatism are not the only visual disorders that can make learning more difficult. In many cases, less obvious vision problems relating to how the eyes function and how the brain processes visual information can limit a child's ability to learn.

### Types of Learning-Related Vision Problems

Learning problems can lead to depression and low self-esteem. As such, seeing an eye doctor should be one of your first steps to addressing learning-related vision problems. There are several types of learning-related vision problems, including:

- Eye health and refractive problems that affect visual acuity in each eye
- Functional vision problems and control of these functions, such as binocularity, fine eye movements, and accommodation
- Perceptual vision problems with understanding what is seen, identifying its importance, and relating it to previously stored information in the brain

### Identify the Symptoms

Symptoms of learning-related vision problems include headaches or eye strain, blurred or double vision, and strabismus. Other symptoms include (among others):

- Short attention span during visual tasks
- Placing the head very close to the book or desk when reading or writing
- Excessive blinking or rubbing the eyes
- Losing place while reading, or using a finger as a guide
- Slow reading speed or poor reading comprehension
- Difficulty remembering what was read
- Omitting or repeating words, or confusing similar words
- Poor eye-hand coordination

If a child shows one or more of these symptoms and is experiencing learning problems, it's possible they have a learning-related vision problem. The best way to determine if this is the case is to see an eye doctor who specializes in children's vision and learning-related vision problems for a comprehensive evaluation.

### Treatment Considerations

When a child is diagnosed with a learning-related vision problem, treatment generally consists of an individualized and doctor-supervised program of vision therapy. Additionally, special eyeglasses may be prescribed for either full-time wear or for specific tasks, such as reading.

In some cases, vision therapy and remedial learning activities can be combined. A cooperative effort to address a child's learning problems may be the best approach. It's also important to reassure children that learning problems and learning-related vision problems have nothing to do with a person's intelligence or intellect. Many children with learning difficulties have above-average IQs and simply process information differently than their peers.

 **SCEYENCE**

## Want to Donate Eyeglasses? See Where and How

Over 1 billion people worldwide with vision loss and lack of access to eyecare could regain their sight with a pair of glasses. Donating a pair of glasses that you no longer use is easy and costs you nothing, but it can do so much good. Donated eyeglasses may help a needy person read the label on a medicine bottle or enable a child in need to see the chalkboard at school. Beyond giving the gift of sight, donating eyeglasses also allows you to declutter your home.

There are several U.S. and global non-profit groups that accept eyeglasses donations, and some groups accept used glasses while others only take donations of new glasses. Below is a list of organizations that accepts eyeglasses donations:

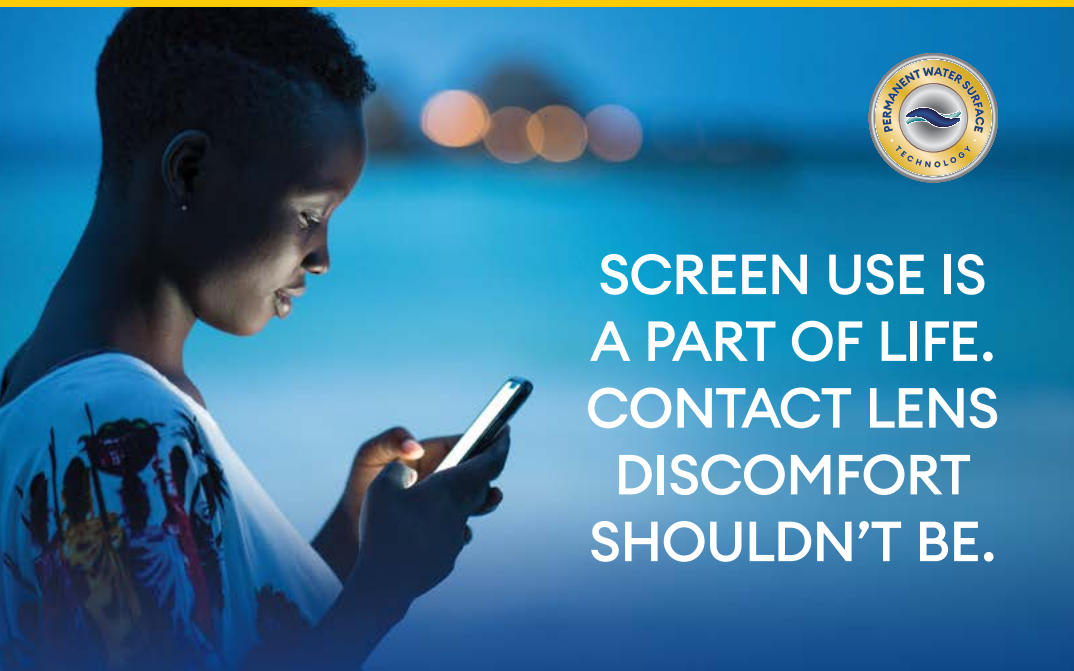
- Lions Clubs International
- OneSight
- Eyes of Hope

The organization receiving your donation will inspect the glasses, determine the prescription, and clean the eyewear so it can be used again. In addition, you may be able to donate eyeglasses in person at other places like LensCrafters, Pearle Vision, and the Goodwill. Check your local retailers to see if they accept eyeglass donations.

 **EYE-Q**

**Q: What is the average life span of an eyelash?**

*See answer on next page*



# SCREEN USE IS A PART OF LIFE. CONTACT LENS DISCOMFORT SHOULDN'T BE.

Reduced blink rates are the primary cause of discomfort while viewing screens. This is called digital device dryness.

## Embrace Comfort and Outsmart Digital Device Dryness.



Ask your eye doctor about Alcon's Permanent Water Surface Technology portfolio of contact lenses.

Ask your eye care professional for complete wear, care and safety information. © 2024 Alcon Inc. US-T30-VCL-2400002



## EYE-DROPS

Iris scans are much more secure than fingerprints. Like a fingerprint, the iris is unique to each person. Additionally, the iris of each eye is different from the other. Our irises have over 256 unique characteristics, compared to fingerprints that only have about 40.



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## INSIGHTS

# Contact Lenses: Battling Hot & Cold Weather



Extreme weather can wreak havoc on the wearability of contact lenses, leading to discomfort or even infections. When dealing with hot weather, simple strategies can be used to ensure the heat doesn't interfere with your vision, including:

- Blocking the sun using contact lenses with UV protection
- Stopping the flow of sweat to avoid stinging the eyes
- Avoiding direct heat and staying hydrated
- Removing contacts before entering the water

In the fall and winter, your eyes can become drier because your tears are more likely to evaporate. When battling the cold, use contact lens-compatible eye drops or artificial tears. Wearing sunglasses or goggles when you're outdoors can help block eye-drying winds.

To promote eye health year-round, properly clean and store your contact lenses by following the manufacturer's recommended schedule for changing them. To minimize weather-related problems, take a break from contacts and wear your glasses instead. Perhaps most importantly, don't wear your contacts while you're sleeping. This can increase the risk of developing an eye infection.

## EYE-Q

Answer to Eye-Q (from page 1): **The average life span of an eyelash is five months!**

### Contact

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