



PATIENT NEWSLETTER
JUNE 2025

See

Celebrating
a World
of Vision

INSIGHTS

Learning to Help Others With Visual Impairment

Good vision is a precious gift that can easily be taken for granted but try to imagine what life would be like if your vision was permanently impaired and couldn't be fixed with eyeglasses, contact lenses, or surgery. Unfortunately, this is a harsh reality for people living with low vision. The good news is there are many ways to help someone living with vision loss.

About Low Vision

Low vision can be caused by a variety of factors, such as hereditary conditions, eye injuries, and eye diseases, such as glaucoma and macular degeneration. Trouble reading is the most commonly reported problem among people with low vision, regardless of the underlying cause of vision loss. Regardless of origin, low vision often causes depression and feelings of isolation and helplessness.

Steps You Can Take

If you have friends or family with low vision or if you know others in the community with partial vision, here are some ways to help them stay independent and get the most out of their remaining eyesight:

- Help them learn about low vision aids, such as customized magnifiers, computerized text-to-speech devices, and handheld or spectacle-mounted telescopes. Many of these are covered by health insurance
- Arrange a visit to the person's optometrist to learn which optical aids can provide the most benefit
- Set up a low vision exam. This is different from a regular eye exam and typically involves follow-up visits to help a person with low vision use prescribed vision aids effectively
- Be a shopping pal. Getting out of the house can help lift the spirits of people with low vision



- Learn as much as you can about the vision issues that the person is experiencing. Knowing this information will help you anticipate mobility problems when you're doing activities

Adjustments to Living Areas

In your efforts to help others with low vision, making a few simple adjustments to the person's personal living space may improve visibility and reduce risks for falls. Here are a few steps you can take:

1. Make sure the home is well lit. Use high-wattage light bulbs and additional lamps or task lighting. The kitchen, bathroom, and work areas should be fully and evenly illuminated
2. Remove unnecessary household clutter. Offer to help organize important items and store others
3. Create a list of important phone numbers with large print. Write the list on bold-lined paper. Include doctors and transportation and emergency contacts. Put the list in a convenient place
4. Mark stairs or slopes with brightly colored tape. Eye-catching colors that contrast with flooring work best and can help people with low vision see steps or slopes better
5. Consider buying larger screens. Suggest purchasing a large-screen television that produces high-contrast images

EYENATOMY

Protect Yourself From Sunburned Eyes

A The skin isn't the only part of the body that can get damaged by the sun. Your eyes can get sunburned too. Sunlight is filled with ultraviolet (UV) radiation. While it can't be seen, overexposure to UV light can lead to sunburn on the skin and eyes. Sunburned eyes can cause pain, redness, and, in some cases, temporary vision loss. An eye sunburn, which is called photokeratitis, can be uncomfortable but usually goes away on its own.

Photokeratitis usually heals on its own and the eyes typically start to feel better within 1 to 3 days of the UV exposure. A few simple measures can help the eyes feel more comfortable while they heal:

- Removing contacts as soon as possible
- Closing eyes and placing a cold, damp washcloth over them
- Using artificial tears
- Do not rub the eyes

You can prevent sun damage to your eyes by taking steps to block UV radiation. These include:

- Wearing sunglasses with 100% UV protection
- Wearing a hat or visor to shade the eyes
- Staying in shade as much as possible
- Avoiding too much sun exposure when the UV index is high

Remember to protect your eyes whenever you're outdoors, even when it's cloudy outside. And always buy sunglasses that offer 100% UV protection.

CooperVision® is
**partnering with
 Plastic Bank® to help reduce
 ocean-bound plastic**
 and made their largest families of
 contact lenses net plastic neutral¹

CERTIFIED PLASTIC NEUTRAL
plasticbank®

**NOW
 NET PLASTIC
 NEUTRAL**

Biofinity Energys
 CooperVision®

MyDay® daily disposable
 CooperVision®

clariti® 1 day
 CooperVision®

CooperVision®

1. clariti® 1 day / MyDay® daily disposable / MiSight 1 day / Biofinity orders includes clariti® 1 day sphere, clariti® 1 day toric, and clariti® 1 day multifocal / MyDay daily disposable, MyDay daily disposable toric, MyDay daily disposable multifocal, MiSight 1 day, Biofinity sphere, Biofinity Energys, Biofinity toric, Biofinity multifocal, Biofinity XR, Biofinity XR Toric, Biofinity toric multifocal product(s) sold and distributed by CooperVision in the US. Net plastic neutrality is established by purchasing credits from Plastic Bank. A credit represents the collection and conversion of one kilogram of plastic that may reach or be destined for waterways. CooperVision purchases credits equal to the weight of plastic in clariti® 1 day / MyDay® daily disposable / MiSight 1 day / Biofinity orders in a specified time period. clariti® 1 day / MyDay® daily disposable / MiSight 1 day / Biofinity plastic is determined by the weight of plastic in the blister, the lens, and the secondary package, including laminates, adhesives, and auxiliary inputs (e.g. ink). CVI Data on file, 2022. Warning: Do not expose the contact lenses to water while wearing them.

EYE-DROPS

Newborn babies have limited color vision because their eyes' photoreceptor cells or cones aren't strong enough. Babies typically gain the ability to tell colors apart at around two months old.



THANK YOU TO OUR NEWSLETTER SPONSORS

Alcon



BAUSCH+LOMB
 See better. Live better.

BAUSCH+LOMB
Specialty
 VISION PRODUCTS

Johnson & Johnson VISION

INSIGHTS

Strategies to Improve Your Child's Vision



Your child may be having vision issues if they struggle to read, complain of headaches, or have difficulty watching television. As a parent, your first step should be to schedule an eye exam for your child to find the cause and how to treat it. Here are 6 other things you can do:

1. Avoid eye injuries

Don't let youngsters play with dangerous toys. Have children wear protective eye-wear if they play contact sports.

2. Reduce eye infections

Teach children not to touch their eyes to avoid spreading bacteria. Wear sunglasses or safety goggles and change contact lenses as instructed.

3. Eat healthy and get exercise

Fruits, vegetables, and fish that are rich in vitamins A, C and E, omega-3 fatty acids, and zinc can improve your child's eye health. Exercise can also help with eye health.

4. Play games

Eyesight can benefit from hand-and-eye coordination games and putting puzzles together.

5. Limit screen time

Set limits on screen time with computers, tablets, and other digital devices. Consider computer glasses.

6. Get routine eye exams

See an eye doctor if your child complains of frequent headaches, blurred vision, or difficulty focusing in on objects. Make sure your child's eyes undergo eye exams routinely.

Contact

Tara O'Grady
 tara@alldocsod.com

Heather Kreidler
 hkreidler@foxeyecare.com