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THE I CARE NEWSLETTER

SETTING OUR SIGHT ON VISION HEALTH



Summer 2006

Few Children Receive Vision Care



A study released by the Centers for Disease Control and Prevention (CDC) reports that millions of children do not receive the vision evaluations recommended by top medical organizations, placing them at greater risk for permanent vision loss, as well as physical and emotional difficulties.

The study, published as the lead article in the May 6th edition of CDC's *Morbidity and*

Mortality Weekly Report, finds that only one in three children received a vision screening or eye exam before entering kindergarten.

"What's startling is that despite our medical guidelines, only a small number of children are actually receiving the preventative, primary care they need to ensure healthy vision," said ophthalmologist Elaine G. Hathaway, MD.

The report states that approximately 1.8 million children under the age of 18 (2.5 percent) are blind or have some form of visual impairment. According to Hathaway, many cases of visual impairment could be eliminated simply through more timely diagnosis and treatment.

Hathaway stated, "If we're serious about preventing vision loss, we need to make sure that children receive the necessary preventative vision care."

To learn more about safeguarding your child's vision health, please visit www.checkyearly.com.

I work. Therefore Eye Strain.

Eye strain from computer use is the number one complaint of office workers and can cause blurry vision, sore and tired eyes, neck pain, and eventually lead to more serious eye conditions such as nearsightedness.



Here are some tips from the Vision Council of America to help prevent computer eye strain:

- **Keep your distance from your monitor.** Sitting any closer than 20 inches from your monitor puts you at risk for eye strain. The recommended distance between the monitor and your eyes is 24 to 28 inches.
- **Take frequent breaks and blink more often** while working at the computer to refocus your eyes.

- **Focus on good posture** while using the computer to help prevent shoulder, neck and back pain. Keep your feet flat on the floor and be sure you can easily reach the keyboard.
- **Reduce glare** by utilizing proper lighting. Eliminating outside light and using lower intensity bulbs can help to relieve eye strain.

In addition to following these tips, an eye doctor can recommend specialized computer eyewear to combat and prevent any computer-related eye conditions. Remember, the best way to ensure healthy vision for you and your family is through regular, comprehensive eye exams.

EYE OPENER

**NEARLY
88 PERCENT OF
ALL COMPUTER USERS
WILL DEVELOP
EYE PROBLEMS THAT
ARE EXPERIENCED
DURING AND RELATED
TO COMPUTER USE.**



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