



SUV - Nurse Notes

STUDENTS UNDERSTANDING VISION

Volume Three

Issue Three

Spring 2009

Frequently Asked Questions About Vision



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ASSOCIATION

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**Contact the OOA
if you could use any
of the following
vision related
supplies:**

- Emergency Eye Kits
- Adult Vision Simulator Cards
- Children's Vision Simulator Cards
- Infant Vision Simulator Cards
- Contact Lens Cases
- InfantSee Brochures
- IEP Eye Exam Brochures
- Teachers' Guide to Vision Problems

What are Floaters?

Floaters are small, cloudy specks in the vitreous, the clear, jelly-like fluid that fills the inside of the eye. Floaters appear in various shapes and sizes, or as thread-like strands or cobwebs. Floaters may be caused by small flecks of protein trapped during the formation of your eyes before birth. Floaters can also result from deterioration of the vitreous fluid as a result of aging or from eye diseases or injuries. Most floaters are not harmful and rarely limit vision. However, floaters can be indications of more serious problems, and you should see an eye doctor for a comprehensive examination when you notice an increase in floaters.

Are Carrots Good for the Eyes?

Carrots are good for the eyes because they contain beta-carotene that the body converts into vitamin A, which aids night vision. Vitamin A is also contained in many other foods so most people do not need to eat extra carrots to aid their vision. So while carrots are good, researchers are focusing on green leafy vegetables such as spinach, kale, collard greens, and turnip greens because they contain two natural carotenoid plant pigments called lutein and zeaxanthin which are potent anti-oxidants thought to protect the eyes against damaging free radicals that may cause cataracts and age-related macular degeneration.

What is Astigmatism?

Astigmatism causes blurred vision, usually due to the irregular shape of the cornea (the clear front cover of the eye). In astigmatism, the cornea is shaped like a football rather than a basketball. An irregular shaped cornea prevents light from focusing properly on the retina. As a result, vision is blurry at any distance. A slight amount of astigmatism usually doesn't affect vision or require treatment; larger amounts of astigmatism can cause distorted or blurred vision, eye discomfort, and headaches. Astigmatism can occur with other vision conditions like nearsightedness and farsightedness. Astigmatism can be hereditary and is usually present from birth. Astigmatism can change as a child grows and may change over time.

Is Sitting Close to the TV Bad for the Eyes?

The eyes have specialized muscles that control the shape of the lens (for focusing) and eye position (to keep the eyes both looking at the same thing). If an object is closer to the eye, such as the TV, the muscles controlling the lens automatically change the shape of the lens (accommodate) to bring the TV into focus. Some people see the images on a television screen more clearly if they sit closer. But there is no evidence that sitting close to the television hurts the eyes.

Continued on back page...

Will My Eyesight Become Worse if I Don't Wear My Glasses?

If the glasses are for myopia or hyperopia, the eyesight will not become worse if the glasses are not worn. Vision is clearer and more comfortable when glasses are worn.

What is Color Blindness?

Color blindness, or color vision deficiency, is the inability to correctly distinguish certain colors. Problems range from the inability to see different shades of a color to not being able to see certain colors. It is a mistake to believe that colorblind people see the world in only black and white. A colorblind person usually has problems distinguishing between red and green, mistaking them for the same color. A less common type of color blindness involves blue and yellow. Color blindness is caused when the cone cells in the retina lack the ability to send the correct signal to the brain. Color blindness is usually hereditary. About eight percent of men and one percent of women are colorblind (which is why only males are checked for color vision in vision screenings). Children having problems with learning should be tested for color blindness, because learning materials often rely heavily on students being able to differentiate between colors. There is no cure for color blindness. However, people with color blindness often learn ways to cope and can usually teach themselves how to differentiate between different colors and shades of colors.

Did You Know...

- 60% of children involved in a special education program have an undetected eye disorder.
- All students in Ohio that are placed on an IEP are required by law to make an appointment with an eye doctor within 90 days.
- 3 out of 100 children have a lazy eye (amblyopia).

Realeyes is a 45-minute, interactive lesson about the science of sight, the health of the eye and eye safety, led by a local optometrist or school nurse.

Schedule a Realeyes Presentation at your school or Summer Program!

Fill out this form & fax to 614-781-6521

School: _____

Address: _____

City, State, Zip: _____

School District: _____

County: _____ Phone: _____

Primary Contact: _____

Email: _____

Grades Requesting Curriculum: (circle)

Preschool Kindergarten 1st 2nd 3rd 4th 5th 6th 7th 8th

Number of Students in Each Grade Requesting Curriculum: _____

Preferred Month:

Sept. Oct. Nov. Dec. Jan. Feb. Mar. Apr. May Jun. Jul. Aug.

Preferred Day of Week & Time of Day:

Monday Tuesday Wednesday Thursday Friday