

TACOMA EYE TIMES

For our new patients, our returning patients and our soon-to-be patients

NEARSIGHTED

Nearsightedness, medically known as myopia, refers to vision that is good at close range but not at a distance.

The World Health Organization has reported that Myopia is reaching epidemic proportions. The WHO goes on to report that Myopia not only results in vision impairment but can lead to forms of glaucoma, retinal problems and permanent, uncorrectable vision loss.

In the USA 42% of the population has myopia. Between the 1970s and 2000s there has been a 66% increase in Myopia.

FARSIGHTED

HYPEROPIA is another name for farsightedness. Generally it is a common vision condition in which you can see distant objects clearly, but objects nearby may be blurry.

The degree of your farsightedness influences your focusing ability. When you are younger, your focusing ability is much better than when you reach your 30's, 40's or 50's.



Your child's visual development

Babies need to learn to see:

Over the first 24 months, they begin to see things more clearly and sharply, and parents can help in several ways:

- Fill their surroundings with color. It takes a few weeks before a baby's color vision starts to develop, and once it does, they won't be able to get enough That's why they enjoy mobiles.
- Help them get used to tracking movement with their eyes by moving objects in front of them.

Farsighted-cont'd

Most people who feel they saw very well as a youngster but now need to wear glasses for driving and reading are farsighted

THE MYOPIA EPIDEMIC

The most recent research has shown there are a number of treatments beyond eyeglasses which help young children see their best whilst **REDUCING** the amount of myopia that they will develop when they reach adulthood.

Treatments Provided at

TACOMA EYE include:

- Annual exams are advised at a minimum.
- An accurate pair of prescription glasses
- Low dose Atropine eyedrops are effective in managing myopia.
- BiFocal Contact lenses can help in the right candidates.
- Orthokeratology with a trained specialist can reduce or even eliminate a dependance on eyeglasses without surgery.

Infancy:

An infant's visual world is made up of light, shadow, and blurry shapes. They can only effectively focus on things 8-15 inches away (not-coincidentally the perfect distance to see the face of the person holding them!)

6-12 months:

Hand-eye coordination develops. Crawling needs coordination (which does sometimes come at the price of some bumps) The reason they love peek-a-boo so much in the early months is that **they don't understand object permanence yet**, so it looks like magic to them, eventually they figure out the trick.

12-24 Months:

Toddlers gain a lot of coordination when they learn to walk, and playing with balls helps too. **Comprehension and balance are big factors in a toddler's visual skills.** When they begin talking, they start putting names to the objects they see, and around age two, they might discover burgeoning artistic talent. Make sure they have access to paper and crayons! Big, interlocking blocks or wooden blocks are great too.



Eye Exams:

Birth to age 5

As important as it is to provide the right types of toys and play the right games with your baby, eye exams are critical too. Babies and toddlers lack the words and understanding to communicate to us if something is wrong with their eyesight, so more than anyone else, they need an eye doctor to check for them. This is why we recommend regular pediatrician screenings from birth to age 5.

Eye Exams: Age 5-18

A child's first exam at Tacoma Eye should be between Kindergarten and First Grade. If that time has passed, bring them in NOW!

An eye exam does much more than tell you if your child needs glasses. Optometrists are specifically able to be sure the child sees well out of each eye independently, how their depth perception is, they check for colorblindness, check eye pressure, and check the overall health of a child's eyes.

Annual eye exams are advised through age 18. The affordable care act (ACA) or OBAMACARE requires vision coverage is a health benefit that at least partially covers vision care, like eye exams and glasses. **All kids under 19 in individual, family, and small group markets must be offered vision benefits.**

