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## Back to School Eye Exams Can Save Children From a Lifetime of Visual Discomfort

### ***Comprehensive Eye Exam recommended as part of back-to-school checklist***

In honor of September's Children's Eye Health and Safety Month, the health of our children emerges and as part of your child's back to school checklist a comprehensive eye exam is encouraged.

The subject of eye health may be overlooked as a cause of children encountering difficulty learning, leaving vision problems undiagnosed and blaming behavioral problems on such issues as Attention Deficit Disorder.

Though most children have healthy eyes, one in four (25 percent or 12 million) school-aged children either has vision problems or suffers from some degree of visual impairment. What's more concerning is that 80 percent of preschoolers don't receive a vision screening.

Although your child may not demonstrate symptoms, it is possible for your child to have a serious vision problem without being aware of it. Some things to keep an eye on include squinting, sitting too close to the TV, complaining of headaches, poor hand-eye coordination or a lack of concentration when reading that requires the child to either point to words or skip them.

"Eye screenings conducted by professional eye care specialists (optometrist / ophthalmologist), are an effective way to detect abnormalities and can help save children from a lifetime of low vision."

It is recommended scheduling a preventive eye exam at the age of six months, three years, before kindergarten and once every two years thereafter, starting at the age of five.