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August 2022

Children's Eye Health & Safety Month

It is hard to believe that we are already in August and school is beginning in a few weeks for most students. As our children return to school, we look at the importance of Eye Health and their education.

Eye health and eyesight are extremely important for the developmental growth in both their physical, cognitive, and even social wellbeing.

One out of 20 children between the ages of three and five have a serious eye problem and are not aware of the health issue. If these eye conditions are not treated it could result in permanent vision impairment. As you think back to your childhood and how you learned you will realize how important a child's vision is to their education. We are mostly visual learners as children, which is why it is imperative our children are screened properly.

According to Prevent Blindness, the annual economic costs of children's vision disorders are approximately \$10 billion in the United States alone, with families burdening at least 45% of the costs.

Infant children's eye sight are important parts of how they learn to see the world. A baby should be taken to see an optometrist at age 6 months for their first thorough eye exam. At this initial visit they will test for nearsightedness, farsightedness, or astigmatism as well as eye movement ability and eye alignment.

Preschoolers (Ages 3-5), rely on their vision to help them learn and prepare for school. They are developing the visually-guided eye-hand-body coordination, fine motor skills, and visual perceptual abilities necessary to learn to read and write.

Vision screenings are not the same as a vision examination. Between the ages of 3 and 5, your child should have a thorough, in-person optometric eye examination to ensure their eyes are developing properly.

To check out Signs of eye and vision problems for those in the pre-school age click at the below link.

<https://www.aoa.org/healthy-eyes/eye-health-for-life/preschool-vision?sso=y>

School age children (Ages 6-18) eye sight is just as important as they learn to read, write, and develop perceptual skills. Each child should have a back to school eye exam. Our vision can change frequently throughout our lives and more frequently in children. Even if your child passes the school screening it's still important to have them screen by an optometrist. A vision screening is not the same as a comprehensive exam.



While our children need to see clearly, they must also be able to comprehend and understand what they are seeing.

The following skills are imperative for effective reading and learning:

1. **Visual Acuity** – to be able see distance for chalkboard, close up for computer and reading a book
2. **Eye Focusing** – quickly and accurately maintain clear vision. Writing on a piece of paper and looking back at the chalkboard.
3. **Eye tracking** – be able to keep eyes on target such as following a sentence in a book or catching a ball being thrown at you in sports.
4. **Eye Teaming** – using both eyes at the same time when reading the words on a page or being able to judge distances.
5. **Eye-hand coordination** – utilize visual information to monitor and direct the hands when drawing a picture or trying to hit a ball.
6. **Visual perception**- to organize images on a printed page into letters, words and ideas and understand and remember what is read.

To check out the signs of eye and vision problems for this age group click on the below link:

<https://www.aoa.org/healthy-eyes/eye-health-for-life/school-aged-vision?sso=y>

Eye safety is just as important as getting regular vision checkups.

To help prevent eye injuries in children you should:

1. Purchase toys that are age appropriate
2. Show them how to use their toys safely
3. Keep an eye on them while they play
4. Join product recall lists

For additional toy guidelines Check out the below link:

<https://preventblindness.org/safe-toy-checklist/>

Ironically, it is not just in sports we have to worry about eye safety.



An eye examination is essential for back-to-school success!

A vision screening is not a comprehensive eye exam

- 75%** Up to 75% of school vision screenings miss vision problems.
- 61%** 61% of children found to have eye problems through screenings never visit the doctor.
- 15%** Fewer than 15% of preschool children receive an eye exam by a professional.
- 4%** School vision screenings give less than 4% comprehensive eye exam.

Visit [aoa.org/doctor-locator](https://www.aoa.org/doctor-locator) to find an AOA-member doctor of optometry near you!

Toy Safety Tips

- Read age and safety labels
- Inspect all toys regularly
- Watch for toys that can become hazards
- Sign up to receive product recalls at www.cpsc.gov
- Ensure toys are used in a safe environment
- Store toys safely
- Supervise children when they play
- Keep toys intended for older children away from younger children

SAFE
KIDS
KANSAS

www.SafeKidsKansas.org

www.facebook.com/SafeKidsKansas

Resources:

American Optometric Association: <https://www.aoa.org/healthy-eyes/eye-health-for-life/preschool-vision?sso=y>

National Today: <https://nationaltoday.com/childrens-eye-health-and-safety-month/>

Prevent Blindness: <https://preventblindness.org/year-childrens-vision-2022/>

QPIC Corner

Emergency Room or Urgent Care?

For illnesses or injuries that are not life-threatening
but still need immediate medical care.

For life-threatening issues please call **911**

EMERGENCY ROOM



Severe
Abdominal
or Chest Pain



Babies Needing
Immediate Care



Serious Eye or
Head Injuries



Severe Burns



Stroke Symptoms
(Numbness, Paralysis,
Slurred Speech, etc.)



Significant
Difficulty
Breathing



Heart Attack
Symptoms



High Fevers



Suspected Drug
Overdose or
Poisoning

VS

URGENT CARE



Allergic
Reactions



Broken
Bones



Sprains
& Strains



Cuts
Requiring
Stitches



Mild
Fevers



Minor
Burns



Pink Eye



Animal or
Insect Bite



Cold & Flu
Symptoms

When in doubt, contact your **QPIC** provider

For Same Day Sick Appointments Call 210.572.8890

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Healthy Recipe

<https://discoveryeye.org/eye-cook-delicious-food-health/pan-roasted-wild-salmon-grape-tomato-wilted-spinach/>

Pan Roasted Wild Salmon with Grape Tomatoes & Wilted Spinach

4 Servings

Ingredients:

- 24 oz wild Alaskan salmon
- 10 oz fresh organic spinach
- 1 tbsp. organic grass-fed butter
- ½ tsp freshly ground black pepper
- ¼ tsp Celtic sea salt



Directions:

1. Preheat oven to 400 F.
2. Add butter to a medium oven-proof saute pan and heat over medium high heat.
3. Rinse salmon, pat dry and sprinkle with salt and pepper.
4. When butter has melted and pan is hot, add the salmon fillets - skin side up - to the pan.
5. Cook 2-3 minutes. Do not turn.
6. Add the grape tomatoes to the pan around the fish and stir gently, cooking 2 more minutes.
7. Flip the fish.
8. Place the pan in the oven to complete cooking to desired doneness (2 minutes for medium-rare; 4 minutes for medium-well).
9. During the last minute of cooking, place the fresh spinach leaves over the salmon and allow to wilt.
10. Remove from oven, layer spinach on plates and top with salmon and tomatoes.

Courtesy of Healthy Gourmet