

Summerland Optometry



WELCOME TO OUR Monthly Newsletter

◆ September



Welcome to our break-out edition newsletter, featuring children's eye health and eye care tips for a successful school-year.

As the summer days have tapered and the excitement of a new school year is upon us, we are here to ensure that your vision is in top shape for all the upcoming academic adventures.

Whether it's reading textbooks, focusing on the whiteboard, or seeing clearly on the playground, good vision is essential for every student's success.

In this edition, we'll share tips for maintaining eye health during the school year, put a spotlight on lens tech for kids, and highlight the importance of regular eye exams for children and teenagers.

Let's make this school year the best one yet with clear and healthy vision!

For more regular content, follow us on
Instagram: @summerland.optometry
And our Summerland Optometry page on Facebook!



In this newsletter you will find:
Doctor recommendations, tech spotlight, and tips. Read on!



Summerland Optometry Tips...

On maintaining eye health during the school year...

- 1. Limit Screen Time:** Delay use until after age 3, if possible. After 3 years old, limit to less than 2hrs a day, (excluding educational use). Encourage regular breaks from screens. This helps reduce eye strain from prolonged use. Use the 20-20-20 rule: every 20 minutes of near/intermediate tasks you look 20 feet away for about 20 seconds
- 2. Correct Working Distance:** The elbow rule, always increase working distance when you can.
- 3. Proper Lighting:** Room and reading material should be well lit. Screens should not be brighter than the environment you're in.
- 4. Balanced Diet:** A diet rich in fruits, vegetables, and omega-3 fatty acids supports eye health. Foods like carrots, leafy greens, and fish are particularly beneficial.
- 5. Protective Eyewear:** If your child plays sports, ensure they wear appropriate protective eyewear to prevent injuries. For outdoor activities, sunglasses with UV protection are recommended.
- 6. Rest and Hydration:** Adequate sleep and staying hydrated are crucial for overall eye health.
- 7. Eye-Friendly Habits:** Teach your child not to rub their eyes and to wash their hands regularly to avoid infections. Remind them to blink often to keep their eyes moist, especially when using screens.
- 8. Spend More Time Outdoors:** At least 2 hours a day is recommended. (Studies have shown this can delay the onset of myopia/near-sightedness).

By following these tips, you can help ensure your child's eyes remain healthy and ready for all the learning and fun the school year has to offer!



Myo-what?...

*What is myopia? Myopia, (near-sightedness), occurs when the eyeball is too long or too powerful, resulting in blurred distance vision.

*Why is this important? The more myopic an eye progresses, the more dependent on vision correction. Even more importantly, as an eye becomes more near-sighted, the size of the eye increases and the structural components of the eye is forced to stretch to accommodate this increased surface area. This stretching can increase risk of serious ocular health complications later in life.

*What can be done? There are various treatments to prevent or slow your child's myopia progression. Depending upon your child's specific needs, our doctors will recommend different management options. It is extremely important to keep up with your children's routine eye exams for early detection and prevention.



Spotlight on...

Lens tech: MiyoSmart lenses

- * Miyosmart lenses are one treatment option we often use to help slow down the progression of myopia.
- * These lenses are easy for kids to wear and slow down myopia progression by ~50-60% based on the clinical studies.
- * Ask your doctor about the Miyosmart lenses at your next eye exam

When should my kids have an eye exam?

Summerland Optometry's Recommendations...

One of the ways to ensure the best eye health for your children is to get them examined by an Optometrist early and regularly. Your child's first exam should be at 6 months old, then at 3 years of age, before starting kindergarten and annually once they are in school. (Kindergarten vision testing is a great screening tool but can miss many eye problems).

Infant Eye Exams: Babies should see us for an assessment at the age of 6 months. This is normally a quick check to ensure your babies' eyes are healthy and ensure there is no significant refractive error or strabismus.

Preschool Eye Exams: At the age of 3, we are able to do even more visual testing including depth perception, eye teaming and binocularity. This exam is fun and normally involves watching a video. This is a common age to get a first pair of glasses if there is a significant glasses prescription.

Some symptoms that suggest your preschooler may have an eye health problem include:

- *Squinting, rubbing the eyes, excessive blinking
- *Covering or closing an eye
- *Irritability of short attention span
- *Holding objects too close
- *Red, itchy or watery eyes
- *Sensitivity to light

School aged children Eye Exams: 80% of learning is done with the eyes, so properly working eyes are vital for success at school. The school years are visually demanding periods of rapid growth and your child's eyes change the most during these years. We should be monitoring your children's eyes annually over this period.

At this age, we are also able to get a wide field optomap retinal image which is included in our comprehensive eye examination.

Regular eye checks for kids ensure early detection and treatment of vision problems, supporting their overall development and academic success. Also, in case you needed one more good reason to book your children in, BC Medical covers a significant portion of your children's eye exams.



WEB BOOKINGS AVAILABLE
WWW.SUMMERLANDOPTOMETRY.CA
BY PHONE 250-494-9266

We hope you enjoyed this content and we look forward to providing more tips, health information, promos, glimpses of our products, and more.

Please follow us on Instagram:
@summerland.optometry
And our Summerland Optometry page on Facebook.

STAY TUNED FOR INFO ON OUR UPCOMING EVENT IN NOVEMBER...