



FOCUS ON EYE HEALTH

Start Your Kids Off With a Bright Future



An Eye Exam May Help Your Child See the World More Clearly.

Vision plays an important role in a child's physical, cognitive and social development. As a first step to assessing your child's vision, pediatricians and school nurses offer vision screenings. School vision screenings miss vision issues as often as 75% of the time, making important to schedule a vision care exam for your child. (1)

Things an Eye Doctor is Assessing During a Vision Care Exam(2)

- Visual Alignment** Addressing any visual alignment issues such as strabismus or amblyopia early on is key. Once diagnosed, your child's eye doctor can determine the best plan for treating or correcting the problem.
- Prescription Changes** Annual vision care exams will ensure your child's vision prescription is up-to-date and set them up for a successful school year.
- Eye Conditions** Vision care exams are essential for assessing the eyes and eyelids for any abnormalities and symptoms of eye conditions.

Vision Disorders Diagnosed in Children Through a Vision Care Exam(3)

Myopia "Nearsightedness" <ul style="list-style-type: none"> Close objects appear clear. Distant objects appear blurry Impacts nearly 9% of children ages 5 to 17 	Hyperopia "Farsightedness" <ul style="list-style-type: none"> Distant objects appear clear. Close objects appear blurry. Impacts nearly 21% of children 6 months - 6 years 	Astigmatism <ul style="list-style-type: none"> General blurry vision Impacts 15-28% of children ages 5 to 17
Amblyopia "Lazy Eye" <ul style="list-style-type: none"> Most common cause of vision loss in children Impacts 2% of children ages 6 - 72 month 	Strabismus <ul style="list-style-type: none"> Misalignment of the eyes that can cause Amblyopia Impacts 2-4% of children 6 years old 	Vision Loss <ul style="list-style-type: none"> Almost 3% of children younger than 18 are blind or visually impaired and have trouble seeing with glasses

VBA offers plans that provide easier access to vision care. To learn more, visit vbaplans.com.

400 Lydia Street, Suite 300 | Carnegie, PA 15106 | 1-800-432-4966 | www.vbaplans.com

The information contained above is intended to be educational in nature, does not constitute medical advice, and should not be relied on as a substitute for actual professional medical advice, care or treatment. If you have any vision or other health related concerns, VBA encourages you to immediately contact your optometrist/ophthalmologist, or any other competent, licensed, medical professional.

1. The American Optometric Association (<https://www.aoa.org/news/inside-optometry/aoa-news/championing-childrens-eye-care?sso=y>) 2. All About Vision (<https://www.allaboutvision.com/eye-exam/children.htm>) 3. Prevent Blindness (<https://preventblindness.org/common-childrens-vision-problems-prevalence/>) 4. National Center for Children's Vision and Eye Health 5. American Optometric Association (<https://www.aoa.org/AOA/Documents/host/POA-2020-KWH%20Brochure.pdf>) 6. American Optometric Association (<https://www.aoa.org/healthy-eyes/eye-health-for-life/school-aged-vision?sso=y>)

Did You Know?



The economic cost of children's vision disorders amount to \$10 billion yearly in the U.S. (4)



45% of costs associated with children's vision loss is shouldered by families (4)

Diagnosing Childhood Vision Problems⁵



It is recommended that children have eye exams at six months old, at age 3, before starting school and then every year following.

Symptoms of Vision Issues Include: (6)



- Frequent eye rubbing or blinking
- Struggling to read up-close
- Headaches caused by squinting
- Excessive head tilting to one side or the other
- Wandering or crossed eyes