

August is Children's Eye Health & Safety Month

Are the Pupils Ready?

Back-to-school season is just weeks away. Are your children's eyes chalkboard-ready? This month, we look at the important role of vision in their development and the effects of modern life on young eyes.

Vision & Learning

Uncorrected vision can impair your child's mental, physical, and social development, interfering with learning. Worse, it can lead to vision loss. That's why eye exams and treatment are critical.¹

Be sure regular screenings are included in your healthcare provider's routine or your school's program. Children who don't pass screenings or who have developmental delays, a family history of vision problems, or other medical conditions should be seen by an ophthalmologist or optometrist.

Small People & Small Screens

There's a worldwide epidemic of nearsightedness (myopia). In the U.S., the condition is 42 percent higher than it was in 1971, and though this can't be pinned on a single definitive culprit, near work activities—such as reading books and screens—contribute to this worldwide increase.²

The same computer eyestrain that affects adults affects children. The American Academy of Ophthalmology offers tips to protect their vision:²

- Use a timer to remind them to take a 20-second break for every 20 minutes of computer work.
- Encourage them to read e-books *and* traditional books, and look out the window every two chapters.
- Have them look out the window for 20 seconds after beating a video game level.
- Keep computers and phones from being used outside.
- Ensure digital media is used about 18 to 24 inches away from the eyes.
- Distract your children to encourage looking away.
- Remind them to blink!

Avēsis is happy to offer vision health information each month, but your eye doctor is best qualified to give you advice about protecting your children's vision. Be sure to consult with your provider whenever you have a question or a concern.



Screen Time

Latest contributor to vision problems in children²



568,200+

Number of children in the U.S. with vision difficulty³



80%

Amount of learning that's visual⁴

1. <https://www.preventblindness.org/getting-your-child-ready-school>, accessed April 2019.

2. *Children's Eye Health 2019 Letter*, American Academy of Ophthalmology, 2019 (accessed April 2019).

3. <https://www.afb.org/research-and-initiatives/statistics/statistics-blind-children>, March 2019.

4. <https://www.allaboutvision.com/parents/learning.htm>, April 2017.

Material discussed is meant for general informational purposes only and is not to be construed as medical advice. Although the information has been gathered from sources believed to be reliable, please note that individual situations can vary. You should always consult a licensed professional when making decisions concerning eye care.

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Avēsis
 10400 N. 25th Ave.
 Suite 200
 Phoenix, AZ 85021

www.avesis.com