

> VISION + LEARNING NEWS



SAVE YOUR VISION MONTH:

5 Tips for a Lifetime of Healthy Vision

The American Optometric Association (AOA) celebrates Save Your Vision Month as a way to help educate people on the importance of proper vision care. Here are 5 tips from the AOA for a lifetime of healthy vision:

01

Schedule Yearly Comprehensive Exams

Seeing your eye doctor regularly will help keep you on the path to healthy eyes.

02

Protect Against UV Rays

No matter the season, it's important to wear sunglasses.

03

Give Your Eyes a Break from Digital Device Use

Practice the 20/20/20 rule: every 20 minutes, take a 20 second break and look at something 20 feet away.

04

Eat Your Greens!

Eat five servings of fruit and vegetables each day – particularly the leafy green variety.

05

Practice Safe Wear and Care of Contact Lenses

Follow your eye care professional's recommendations for use and wear – keep them clean!

Vision is critical to reading, learning, sports, exercise, etc. We are sure that those people who have lost their precious gift of sight due to eye disease would tell you that now is the time to listen and take action, before you have a problem.

Most eye diseases tend to sneak up on you, because there are no symptoms in the beginning stages. By the time you notice a problem with your vision, it may be too late to prevent any vision loss. That's why your yearly eye exams are so important.

New technology makes it so much easier for us to monitor your eye health as well as your overall health. We are able to catch the earliest signs of eye disease during yearly screenings.

If you haven't had your yearly eye exam, be sure to call our office today to schedule.



VISIONS

EYE CARE + THERAPY CENTER

6201 S. Minnesota Avenue
Sioux Falls, South Dakota 57108

17 VISUAL SKILLS FOR READING & LEARNING

There are 17 visual skills required for reading and learning, including the ability to point the eyes together, to focus the eyes, and to move the eyes across a page properly. These skills are often not tested in most vision screenings. Passing a vision screening, which tests only distance vision, leads people to believe (incorrectly) that nothing is wrong.

Eye exams from an eye doctor's office are designed to test how healthy your eyes are and to see if you need glasses or contact lenses. The routine eye exam is not



designed to test ALL of the 17 visual skills required for academic success.

Our doctors screen for potential problems in all of these areas and refer to our Vision Therapy Center when needed. Specialists in our Vision Therapy Center perform thorough evaluations of all these visual skills.

”

“Just fantastic service all around. Every step of the way, it felt like each person I interacted with not only cared about the position they held, but even more so about making me comfortable, which, for exams of the eye, can go a long way. A+, 10/10, would have eyes looked at again.”



PROTECTION AT THE SPEED OF LIGHT

50% OFF
transitions lenses

Transitions lenses automatically adjust to changing light and come in 13 colors and finishes. If you don't love them, we'll remake your lenses within 30 days of purchase.

Offer not valid with insurance or other discounts. Expires June 30, 2021

