

> VISION + LEARNING NEWS



COMPUTER USERS:



*are you wearing
special computer glasses?*

Research continues to discover the dangers of blue light on our health. In many cases it is a cumulative effect, so it can be difficult to realize that too much time on computers, smart phones and tablets can be harmful. Visual impairments, headaches, along with difficulty falling and staying asleep are some of the potential effects of extended blue light exposure.

We have a variety of options to help protect you and your family from harmful blue light rays.

Please be sure to let your doctor know how much time you spend working on computers, tablets, phones, etc.



REMINDER!

**COMPUTER
LENSES SALE**

\$100 OFF
digital lens solutions



VISIONS

EYE CARE + THERAPY CENTER

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WANT TO IMPROVE SPORTS PERFORMANCE?

While many athletes get vision screenings, they are not screened for all the visual skills that are vital for sports performance. As developmental optometrists, we have specialized training in diagnosing and treating eye coordination, eye tracking and focusing disorders, as well as dynamic visual acuity and eye-hand coordination.

Some of the common signs that a vision problem is interfering with sports performance include:

- Athletic performance decreases as the game continues
- The athlete has difficulties maintaining mental focus during the game
- Reaction time is either consistently ahead of, or behind the pace of the game

If you want to find out if our doctors can help improve your game, schedule an appointment today. Have questions? Give us a call at 605-271-7100



> **NEW!
OAKLEY AND
NFL PAIR UP!**

Oakley is partnering with the NFL to provide eyewear and shields for all 32 NFL teams. Fans can get in on the action too! See every touchdown in style and represent your team in special-edition Oakley NFL sunglasses featuring Prizm™ Lens Technology, official team logo lens etch and team color accents throughout. Now available in our Optical Boutique!



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HELP FOR STRUGGLING READERS

Struggling students typically become convinced they are just not as smart as their friends. Reading is difficult for them, while their peers are reading fluently.

If your child is struggling, here is a key question you can ask them:



**WHAT
DO THE
WORDS DO
WHEN YOU
ARE TRYING
TO READ?**

If your child says some are black and some are gray or fuzzy, or the words are moving around on the page, these are red flags that your child has an underlying eye coordination or eye movement problem.

You can also observe how your child interacts with the printed page:

- Does your child cover one eye or tilt his or her head?
- Does your child seem to squirm in the chair while reading?
- When writing is there a lot of body movement?
- Does your child continue to struggle despite how easy the text is?
- Does your child continually lose their place?

If any of these signs are present, there is a good chance they have a correctable eye coordination or eye movement problem. Call our office to schedule a Developmental Vision Evaluation.