

> VISION + LEARNING NEWS



BACK TO SCHOOL: TIME FOR EYE EXAMS

When children can see things in the distance clearly, parents often mistakenly assume that means their child can see clearly when they are reading. Most of the children we see who struggle with reading have excellent distance vision but very poor visual skills which impact their ability to read and learn.

Recently, we spoke with the parent of one of our patients who shared that a tutor observed that their child was adding extra letters into words when she was reading without realizing it and suspected dyslexia. Testing for dyslexia came

back negative. When the parents brought her to our office, the results of the Developmental Vision Evaluation showed that the patient had double vision at reading distance despite being able to see the letters on the eye chart just fine ("20/20").

Children may have double vision or see words appearing to move on the page but not be able to verbalize what they are seeing. This may result in parents being concerned about frustration, academic progress, ADHD symptoms (such as

short attention span) as well as headaches and/or migraines. When vision is compromised, the brain works harder to process visual information, affecting concentration, memory, and cognitive processing speed which impedes academic progress.

The only way to determine if your child is visually ready for school, is to schedule a back-to-school eye exam in our office. Our doctors routinely check for vision problems that can interfere with reading, learning and even sports performance.

Visit www.sdvvisions.com for more information on the critical link between hidden vision problems and learning.



BACK IN SCHOOL REMINDER: SIGNS OF EXCESS SCREEN TIME

Signs that you or your family member has been looking at digital devices too long, or has difficulty looking at a computer screen, tablet or other digital device, include:

- eyes feel strained and tired
- dry eyes
- headaches
- sensitivity to light
- neck pain
- blurred vision
- loss of productivity
- decreased vision at night

For more information regarding Excess Screen Time, visit www.sdvvisions.com.



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EYE CARE + THERAPY CENTER

6201 S. Minnesota Avenue
Sioux Falls, South Dakota 57108

REMINDER: HEADACHES AND MIGRAINES CAN BE TRIGGERED BY VISION PROBLEMS

Many headaches are caused by a variety of different types of vision disorders which aren't typically tested for in regular eye exams.

Eye strain can trigger a headache and even a migraine. Uncorrected vision disorders can also cause headaches; especially during or after reading or working on the computer.

If you, or a loved one, struggle with headaches, dizziness, difficulty or anxiety driving, or pain in neck and shoulders, we can help!



Headaches don't have to be a part of your life, schedule an appointment today. Please let our staff know how often the headaches occur when you call our office.



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6201 S. Minnesota Ave.
(605) 274.6717

visions@sdivisions.com
sdivisions.com

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