

> VISION + LEARNING NEWS



IMPORTANT FACTS

about nearsightedness

When our eyes become nearsighted, it means that the retina inside the eye has stretched. Once this occurs the condition can't be reversed. This is one of the many reasons that early detection and treatment is so important.

If you are thinking that surgery might help, children under 18 years of age don't qualify for that type of surgery. As an adult, while surgery is an option, it doesn't reverse any of the damage done previously and still leaves one at risk for sight threatening diseases.

There is a significantly higher chance that your children will become nearsighted when both parents are nearsighted. In fact, it is a 50-70% chance. So, be sure to bring your kids in for their yearly eye exams.

If you or your children have been using the computer and digital devices a lot and you are noticing that it is getting harder to see things in the distance when you look up off your device - it's time to schedule an appointment to see one of our doctors as soon as possible.

BLUE LIGHT PROTECTIVE LENSES FOR DIGITAL DEVICES

Blue Light coatings give you the best clarity of vision to meet the visual demands that digital devices place on your eyes, such as computers, smartphones, tablets, video games and TVs - while protecting you from the harmful blue light. Be sure to take advantage of our summer special!



Love what you see.

**TIRED EYES?
HEADACHES?
NECK AND
SHOULDER PAIN?**



20% Off NeuroLenses

Ask us about a new technology that can help!



VISIONS

EYE CARE + THERAPY CENTER

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Sioux Falls, South Dakota 57108

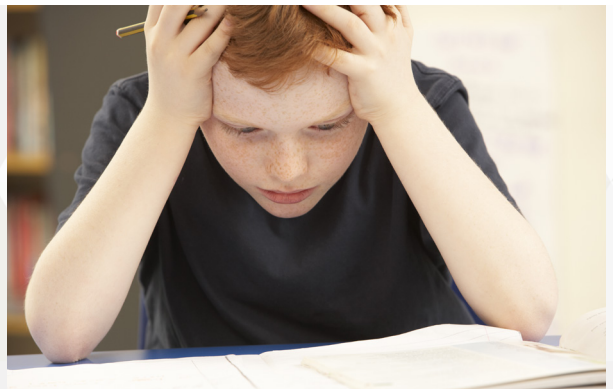
SIGNS THAT A VISION PROBLEM MAY BE INTERFERING WITH LEARNING

Children (and adults) with eye movement, tracking and eye coordination problems may also have difficulty understanding the visual information on computers, tablets or smart phones. Because children do not always know how they are supposed to see, they do not complain. As a result, in many cases these vision problems are easily mistaken for attention and learning problems because the symptoms are very similar.

In fact, research has shown that many children who have ADHD also have an eye coordination problem (convergence insufficiency) that contributes to their difficulties with reading and learning. In addition, research has also shown that the majority of children with Dyslexia have eye coordination (convergence insufficiency), focusing (accommodative dysfunction) and tracking problems (oculomotor dysfunction).

Some of the more common signs include skipping/repeating lines when reading, avoiding reading and poor reading comprehension. For a more complete list of signs that your child may be struggling with eye movement, tracking and/or eye coordination problems, when reading or doing close work visit the Vision + Learning section of our website: sdvisions.com

If you or your child experience two or more of these symptoms on a regular basis, or you feel your child is struggling with reading and learning, schedule an appointment with one of our doctors as soon as possible.



> OUR NEW DOCTOR
WILL SEE YOU NOW

Say hello
to our new optometrist,
Dr. Sara Stockwell.



Dr. Stockwell received her Doctor of Optometry degree from Southern College of Optometry. In addition to seeing our patients for routine vision care, she also specializes in the treatment of glaucoma and dry eye disease along with surgical co-management and specialty contact lens fitting.



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