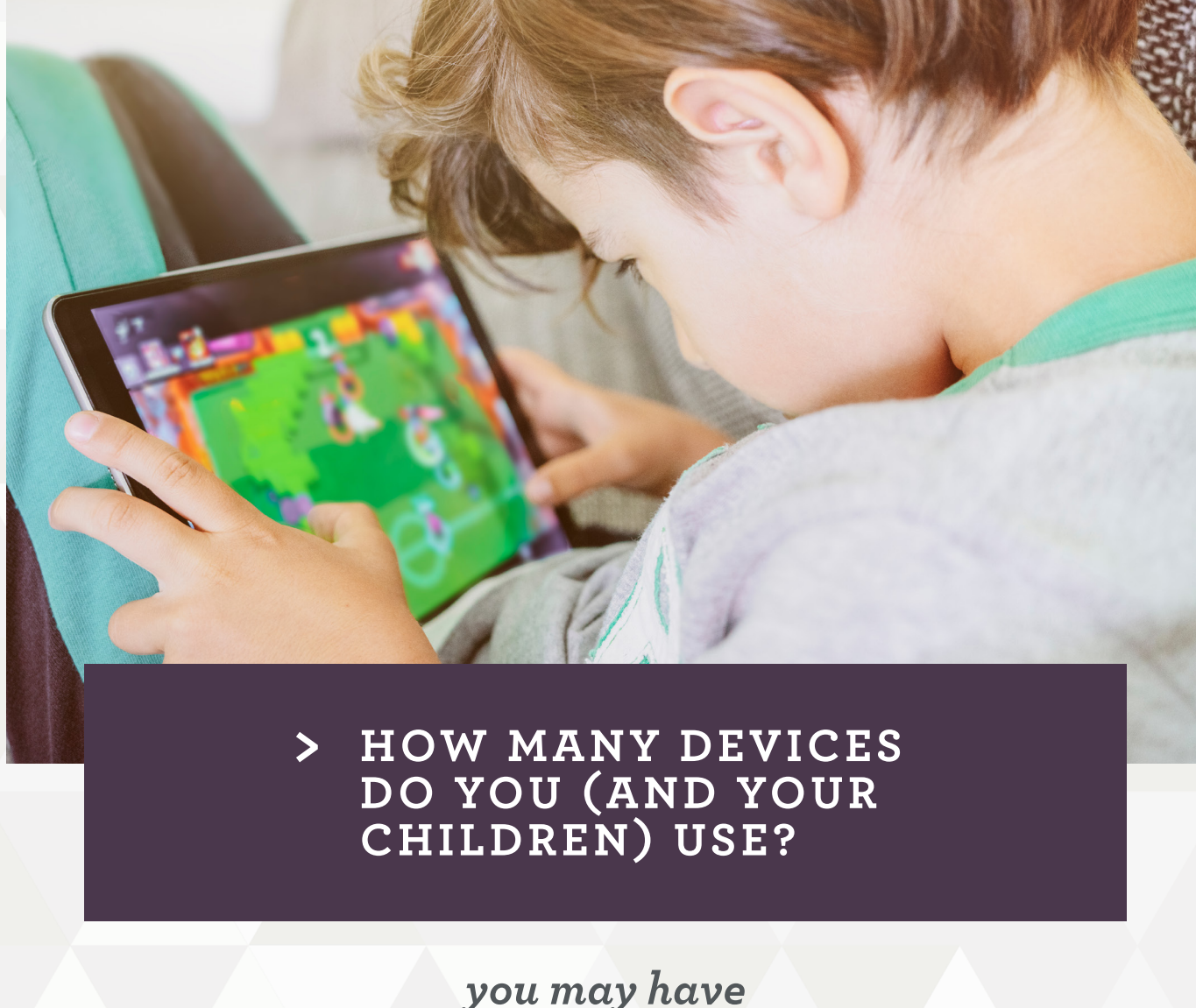
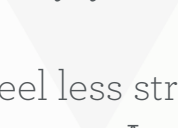


> VISION + LEARNING NEWS



> HOW MANY DEVICES DO YOU (AND YOUR CHILDREN) USE?

you may have digital eye strain



A top concern these days is computer eye strain. How many hours a day are you and your family members using electronic devices, including the smartphone? If your eyes feel strained and tired, especially at the end of the day, you may have Digital Eye Strain.

If you want your eyes to feel less strain and have better vision without the glare from the computer, Anti-Reflective coating works well. There are also special lenses that our doctors can prescribe which will help relieve the stress of working on the computer. Be sure to let us know the actual distance from your eyes to your computer monitor when you have your next appointment.

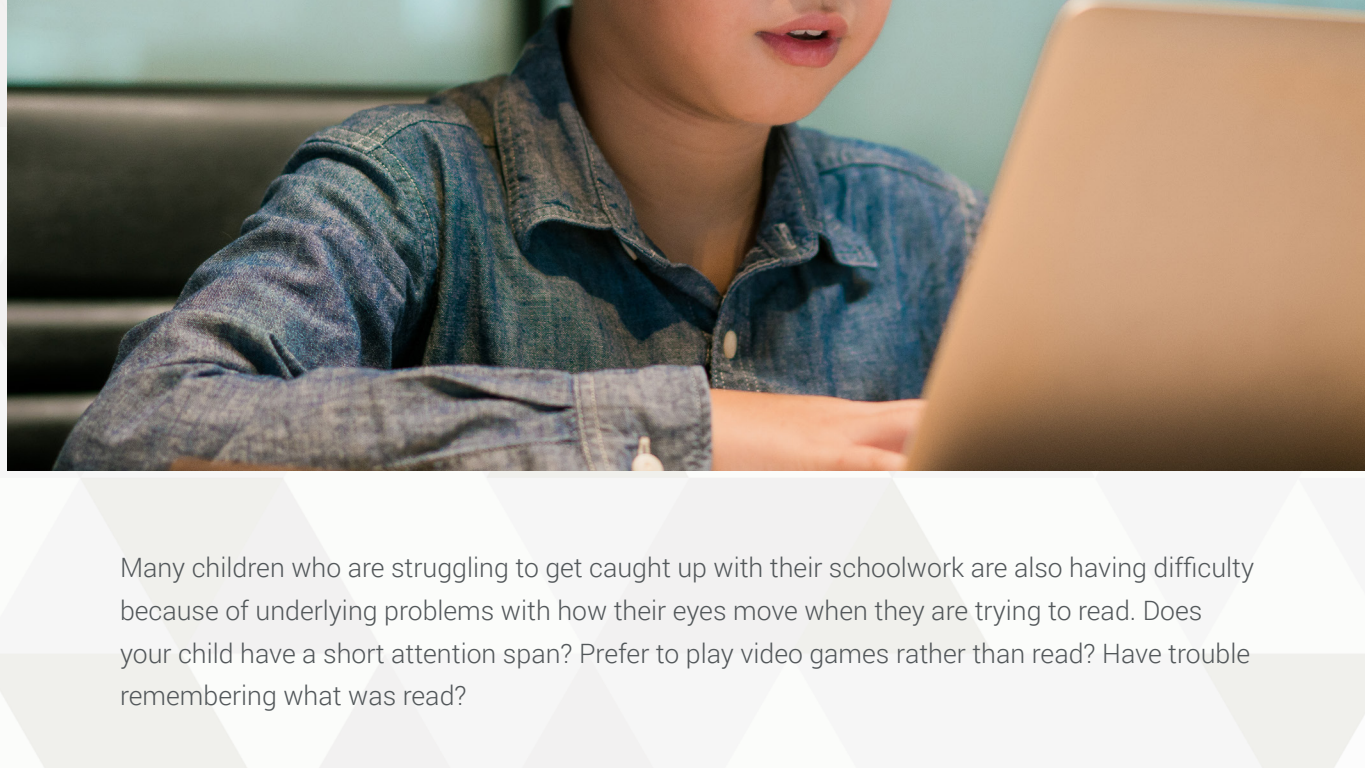
If you don't want to wear glasses, then it's best to reduce your time on digital devices and computers and apply the 20-20-20 rule:

1. every 20 minutes
2. take a 20 second break
3. look at an object 20 feet away

The easiest way to implement this is to set a timer when you sit down to work on a computer or digital device – and remember, time flies when you are having fun!

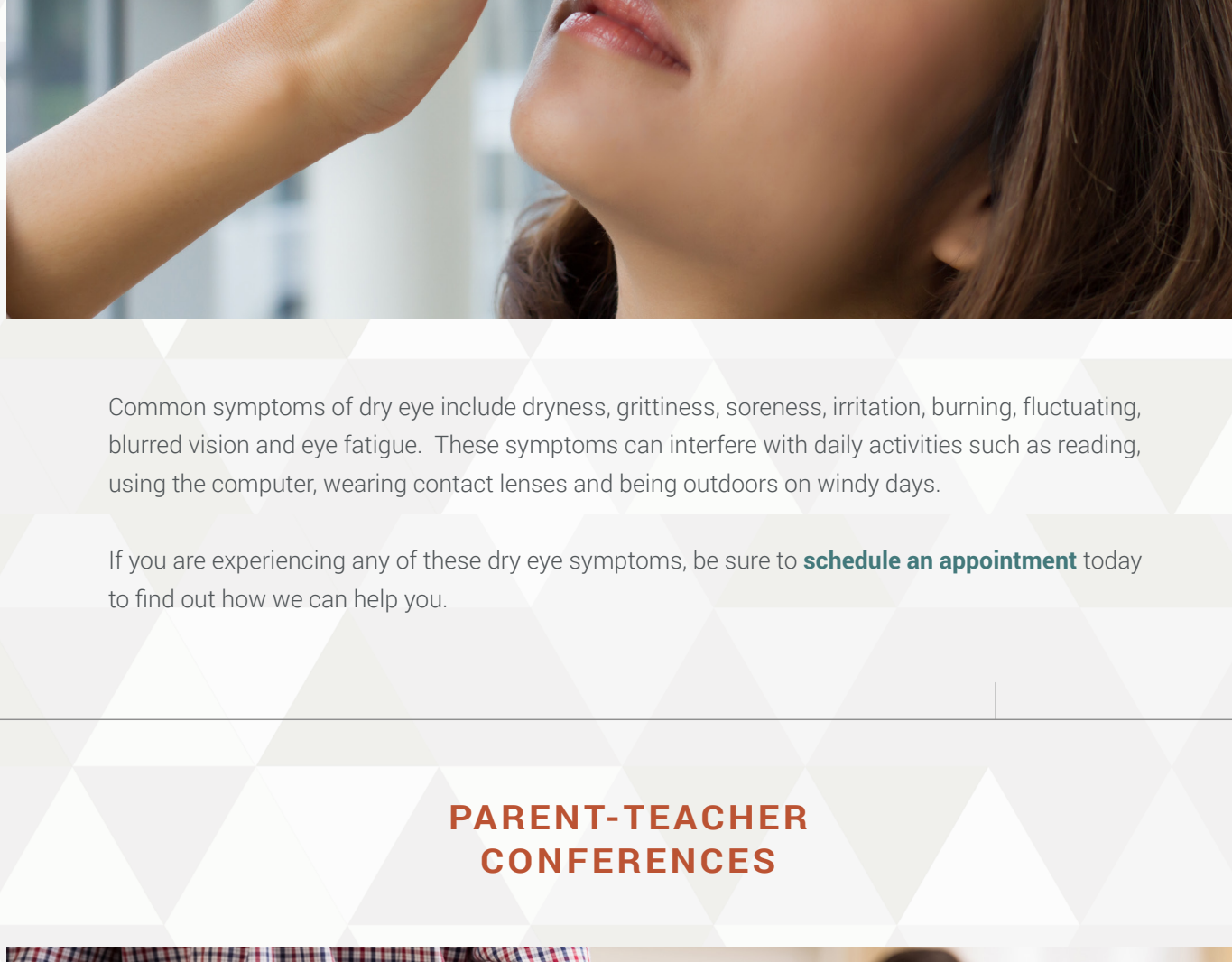
Click the button to download this special article regarding "Signs of Excess Screen Time."

SIGNS OF EXCESS SCREEN TIME >

ATTENTION PARENTS: DO YOU KNOW THE SIGNS TO LOOK FOR?

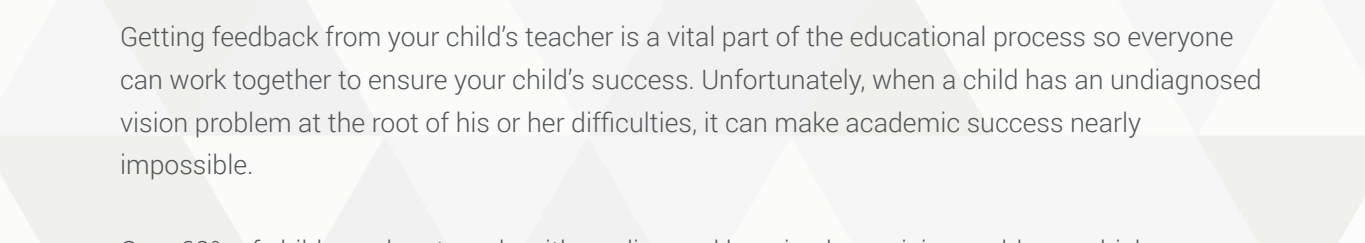
Many children who are struggling to get caught up with their schoolwork are also having difficulty because of underlying problems with how their eyes move when they are trying to read. Does your child have a short attention span? Prefer to play video games rather than read? Have trouble remembering what was read?

For a more in-depth symptom checklist or to find out how vision problems can interfere with reading, comprehension and remembering what was read, [click here](#) to visit our website. If you have any questions, please let us know.

ATTENTION DRY EYE PATIENTS: THERE'S HOPE!

Common symptoms of dry eye include dryness, grittiness, soreness, irritation, burning, fluctuating, blurred vision and eye fatigue. These symptoms can interfere with daily activities such as reading, using the computer, wearing contact lenses and being outdoors on windy days.

If you are experiencing any of these dry eye symptoms, be sure to **schedule an appointment** today to find out how we can help you.

PARENT-TEACHER CONFERENCES

Getting feedback from your child's teacher is a vital part of the educational process so everyone can work together to ensure your child's success. Unfortunately, when a child has an undiagnosed vision problem at the root of his or her difficulties, it can make academic success nearly impossible.

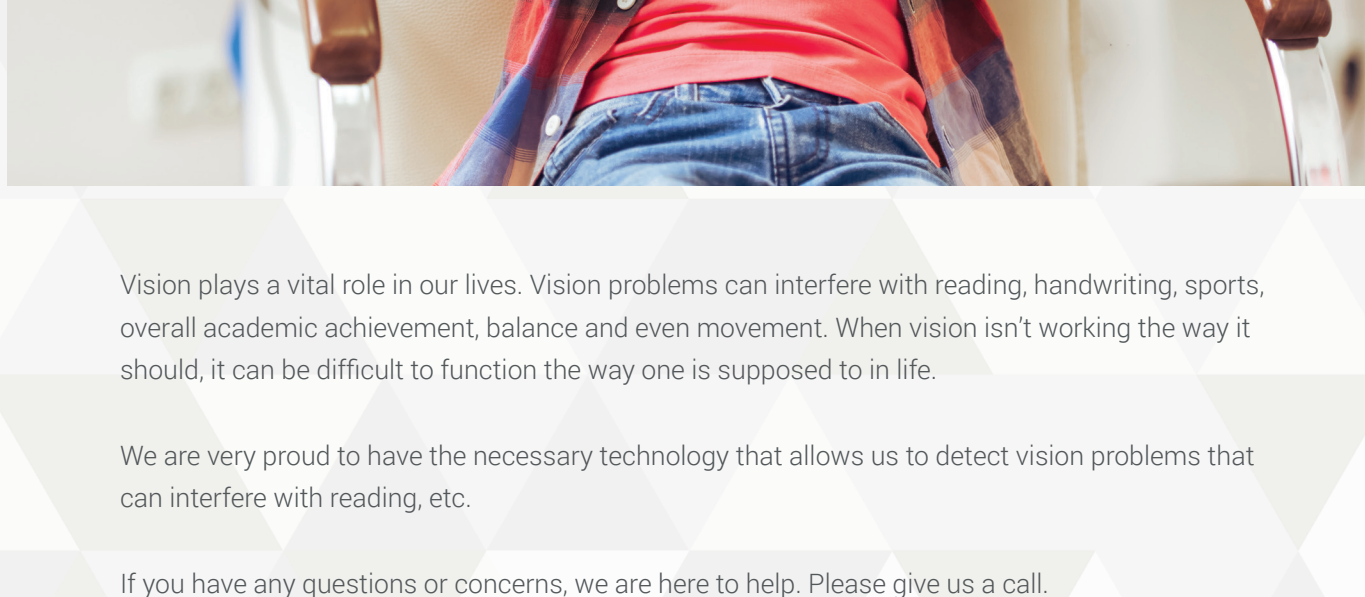
Over 60% of children who struggle with reading and learning have vision problems which are typically 100% correctable, yet when undetected, these children continue to struggle and perform poorly on standardized tests.

Often a child with a vision problem that interferes with learning has excellent verbal skills causing parents and educators to think the child must be "lazy", "not trying hard enough", "ADHD", "learning disabled", etc.

Vision screenings test a child's ability to identify individual letters (acuity). In reality, having 20/20 eyesight merely means you can see a certain size letter at a distance of 20 feet.

Vision is a complex process that involves over 15 visual skills which are critical to academic success.

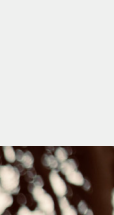
For more information, please [visit our website](#).

THE RIGHT TECHNOLOGY, TO DETECT VISION DIFFICULTY

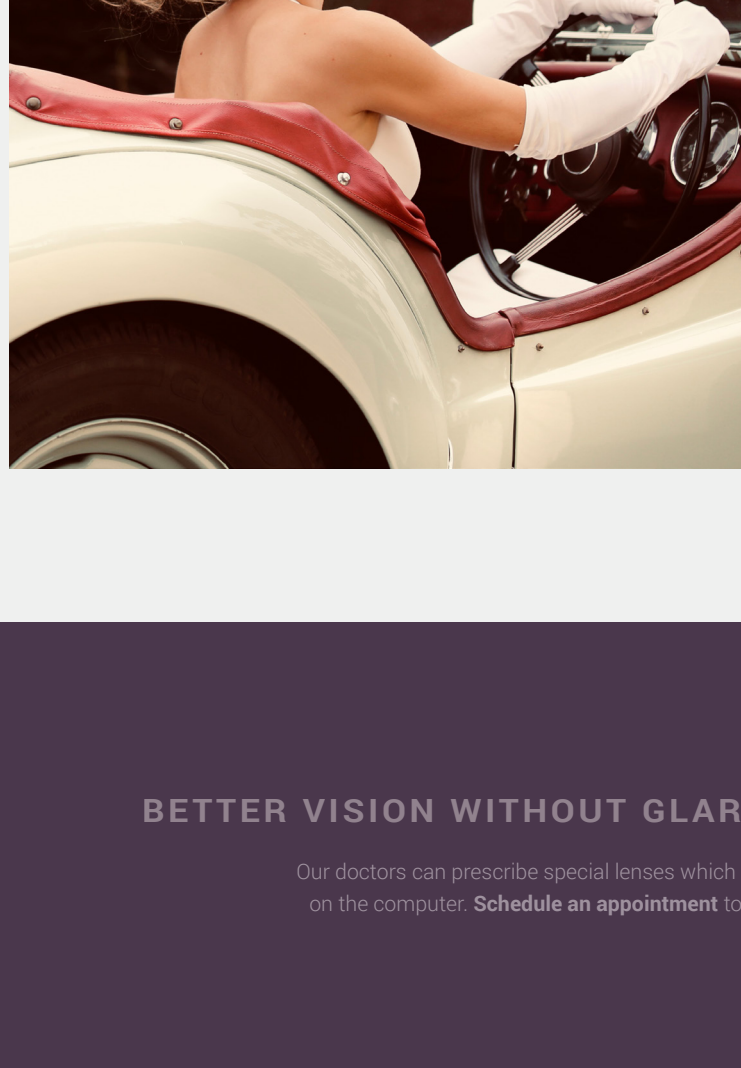
Vision plays a vital role in our lives. Vision problems can interfere with reading, handwriting, sports, overall academic achievement, balance and even movement. When vision isn't working the way it should, it can be difficult to function the way one is supposed to in life.

We are very proud to have the necessary technology that allows us to detect vision problems that can interfere with reading, etc.

If you have any questions or concerns, we are here to help. Please give us a call.

STAY TUNED

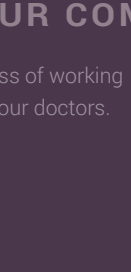
we will be sending out our suggested holiday toy list soon.

**EAT, DRINK + BE MERRY!**

don't miss our designer eyewear trunk show

See the latest eyewear fashion, feast on treats, and grab some great deals and giveaways. Be one of the first 50 in the door and get a FREE gift.

SATURDAY, NOVEMBER 18 | 9AM – 1PM



VISIONS
EYE CARE

6201 S. Minnesota Ave.
(605) 274.6717

visions@svisions.com
svisions.com

Image: iStockphoto.com

BETTER VISION WITHOUT GLARE FROM YOUR COMPUTER

Our doctors can prescribe special lenses which will help relieve the stress of working on the computer. **Schedule an appointment** today to visit with one of our doctors.



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