



Eye on Health

Eye Exams Help Students Succeed

(NAPSA)—Although 80 percent of what children learn comes through their eyes, many do not have a comprehensive eye exam during the school year. According to a recent survey by VSP Vision Care, two-thirds of children under 18 haven't had an eye exam in the last year, and more than half have never had a comprehensive exam. With increased computer and video game use these days, there's more reason than ever to make sure your child's eyes are getting the care they need.

Computers + Increased Use = Eyestrain

The U.S. Census reports that 54 million U.S. kids spend more than four hours a day on computers. What's the result? Many children experience Computer Vision Syndrome (CVS), which causes headaches, eyestrain and blurred vision. This can hurt a student's classroom performance and can lead to behavioral problems.

Five Tips To Help Prevent Children's CVS:

1. Take your child for a comprehensive eye exam.
2. Apply the 20/20 rule—every 20 minutes have your child take a break and look away from the computer screen for at least 20 seconds.
3. Change the viewing angle of the monitor for your child's use: Keep it 20 inches away from their eyes, with the center 15 degrees below their eyes.
4. Reduce glare on the screen



Make sure your child has a comprehensive eye exam to rule out any vision problems that might affect learning.

by lowering bright overhead lighting.

5. Encourage your youngster to blink often. Blinking bathes the eyes in tears, which reduces dryness.

Student + Eye Exam = Many Benefits

The benefits of an eye exam can extend far beyond the classroom, say the experts at VSP Vision Care. Healthy vision lets kids succeed on the playground or at home reading their favorite book. Ultimately, an eye exam may even help unlock a struggling student's potential and send him or her to the head of the class, while improving the child's everyday life.

For more information on preventing CVS or to find an eye doctor nearby, visit www.vsp.com.