

Ask Dr. Pearle...

(NAPSA)—Regular visits to your eye doctor are important for your vision and for your overall good health. It's also important to understand the broad spectrum of eye health issues that affect you and your family. Here are some of the many questions patients ask me and the independent doctors of optometry affiliated with Pearle Vision.

My son is having difficulties in school, complaining of headaches and refusing to do homework. Could this have anything to do with his vision?

Twenty five percent of American children have vision problems that may prevent them from succeeding in school. These problems are sometimes misdiagnosed as learning disabilities.

If your child reverses words or is easily frustrated when reading, it may be a sign of some type of learning disability or it may indicate a vision problem.

Squinting, complaining of headaches or constantly rubbing the eyes are signs that your child should be examined by an eye-care professional and may need eyeglasses.

Children should be examined by a doctor of optometry or an oph-



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thalmologist before entering kindergarten, and annually throughout their school years to detect potential problems. Vision screening at school or by a pediatrician is not a substitute for a thorough eye examination. A vision screening is only a preliminary vision test in which various vision problems may be missed. Early detection of vision problems is critical, considering 80 percent of all learning is achieved visually.

I suggest scheduling an eye exam for your child with the independent doctor of optometry at or next to Pearle Vision as soon as possible.

My 11 year-old doesn't want to wear her new eyeglasses at school. Any suggestions to help her adjust more easily?

According to the American Optometric Association, approximately 58.8 million children in the U.S. wear corrective lenses. Strong parental support and explaining the benefits of wearing eyeglasses may help your child adjust to wearing them.

Do your best to help your child understand that eyeglasses help her see better and that seeing the blackboard, reading a book and recreational activities will be easier. Poor vision is one of the leading causes of learning difficulties in elementary school children. Eyeglasses help children with vision problems be more successful in school.

Children are more likely to wear their eyeglasses and to take better care of them if they get to select eyeglasses they like.

For younger children, it may also be helpful to find a picture book that shows children wearing glasses or perhaps read a story that deals with getting eyeglasses.

Visit the independent doctor of optometry at or next to Pearle Vision to learn more pertaining to your child's vision.