



Visions Eye Care & Vision Therapy Center ✧ 106 W 69th Street ✧ Sioux Falls, SD ✧ 605-274-6717

Starting the New Year: Focusing on Vision



Vision plays such a vital role in our daily lives yet most people take it for granted. If they can see OK, or think their child sees OK, they often incorrectly assume

all is well. As we begin a new year, it is a good time to learn more about one of your most valuable tools for life: your vision.

Everyone assumes that the main signs of a vision problem include trouble seeing in the distance, or trouble seeing up close if you are over 40 years old, but there are many other signs. Did you know that if you have difficulty doing paperwork or have trouble reading you could actually have a vision problem? Or, for that matter, did you realize that headaches can also be a sign of a vision problem?



In addition, children who hate to read and love to be read to, usually have a vision problem, specifically a very correctable eye coordination disorder.

Other signs people often miss include trouble seeing 3D movies. If you feel dizzy or your tummy feels funny during or after watching 3D, there is a very good chance you have a vision problem.

Unfortunately when it comes to eye disease, you may not have any obvious signs. So your best resolutions would include eating lots of green leafy vegetables and scheduling your yearly eye exam.

New technology makes it so much easier for us to monitor your eye health as well as your overall health. Retinal cameras provide us with images of the back of your eye which become a permanent record in your chart so we can quickly and easily compare what your eye looks like from visit to visit.

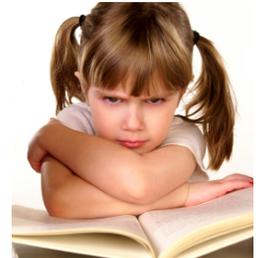


As the saying goes, an ounce of prevention is worth a pound of cure, especially when it comes to our precious gift of sight. Most eye diseases tend to sneak up on you. By the time you notice a problem with your vision, it may be too late to prevent any vision loss.

Vision Problems Can Look Like Learning Difficulties

When children continue to struggle with reading and learning despite all best efforts to help them, it can be very difficult to figure out what is needed.

When a vision problem is at the root of a child's struggles with learning, the signs are very easy to see – when you know what to look for. Unfortunately, the signs can easily be mistaken for learning difficulties and/or attention problems. Children don't know how they are supposed to see, so the only way they can tell you they have a vision problem is with their behavior. One of the signs that a vision problem may be contributing to one's learning challenges is a short attention span when it comes to reading and near work. This behavior could easily be mistaken for ADHD.



Therefore you need to know the various behavioral signs to watch for; for example, does your child:

- avoid reading?
- prefer to be read to?
- turn his or her head at an angle when reading?
- have more trouble comprehending what is read the longer he or she reads?
- read out loud but not remember what was read?

The types of vision problems which interfere with reading and learning impact how the eyes move and how they work together. Unfortunately a child can pass a vision screening that tests for distance vision because they can see the letters on the eye chart, giving parents the false concept that all is well. Eye movement and eye coordination disorders interfere with reading and copying skills.

It is important to understand that while our eyes take in visual information, that information is sent to the brain where it is processed. If the information that is sent to the brain is faulty, it can make learning very difficult. While learning disability websites list a variety of accommodations that can help children with Visual Information Processing Disorders, it is important for parents to understand that these are signs that a correctable vision problem is playing a role in your child's learning challenges.

If your child struggles with reading, be sure to schedule an appointment with our office at 605-271-7100.



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For Kids & Adults: A Word About Daily Disposable Contact Lenses

The original idea of contact lenses actually goes back to the year 1508 and the Italian inventor, Leonardo DaVinci who was the first on record to come up with this idea. As we would expect, technology has advanced incredibly over the 500+ years since then. Even more recently over the past few years, contact lens manufacturers are continually coming up with different ways to make contact lenses more comfortable and the safest they have ever been.



Daily disposable lenses were actually first introduced 30 years ago, but we find many people don't

know that daily disposables are available for a variety of vision problems, including multifocals and astigmatism. For many years people would complain of dry, red, irritated eyes when wearing contact lenses. Thanks to technology, advances keep making contacts more permeable, moist and comfortable.

Worried that either you or your child is getting too nearsighted too quickly? Multifocal contact lenses can actually slow down the progression of nearsightedness (also known as myopia progression control). There are a wide variety of different types of contacts available, so you will need to get what is called a "contact lens fitting" to ensure you are prescribed the best lenses for your needs.



While most people who choose to wear contact lenses hate wearing their glasses, it is important that you ensure you have a back-up pair of glasses. If you have an eye infection or intense allergies that make your eyes red and itchy, you may need to go without your lenses for a day. So please make sure you like your back-up glasses.

From Struggling to Success

One of our vision therapy patients would like to share her story with you:

After my concussion, I was having difficulty reading, sensitivity to brightness, and a hard time tracking/focusing my eyes. I would also get terrible daily headaches. My concussion doctor referred me to Visions where I finally received relief.

After a program of vision therapy: "The headaches are relieved and I am able to read like I used to. Now I am able to go back to college and pursue my career. I greatly appreciate all Visions Eye Care and Therapy has done for me with speeding up my recovery! Thank you!"

-- Jennifer

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