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YOUTH HEALTH BULLETIN

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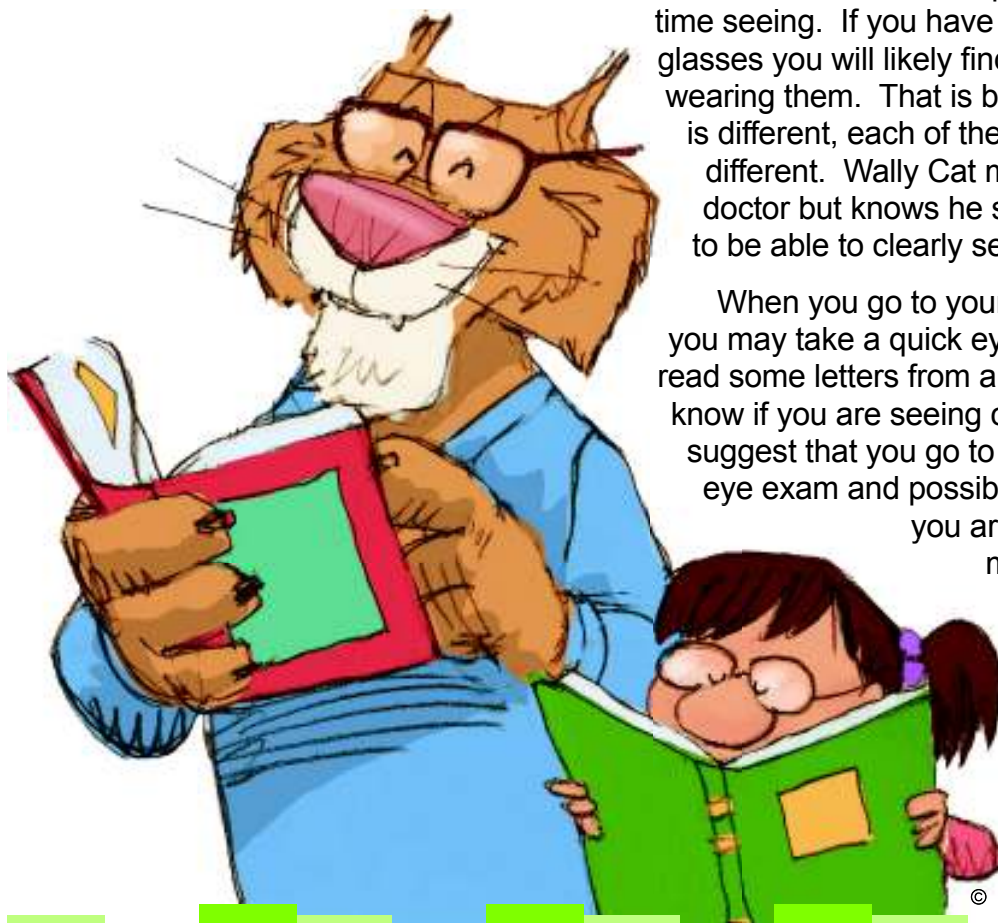
SEPTEMBER 2011

YOUR EYES: DO YOU WEAR GLASSES?

Have you ever noticed that some of the people you know need glasses and some do not? Everyone's eyes are a little different — and not just the color! Each person's eyes are different in the way they exactly see and sometimes do not see. Glasses are made to help those who have a harder time seeing. If you have ever tried on someone else's glasses you will likely find your vision blurry when wearing them. That is because while each of our eyes is different, each of the lenses in the glasses is also different. Wally Cat may be afraid to go to the eye doctor but knows he should go every year. He wants to be able to clearly see the whole world around him.

When you go to your regular doctor for a check-up, you may take a quick eye exam. You may be asked to read some letters from a chart. This will let the doctor know if you are seeing correctly. The doctor may also suggest that you go to a special doctor to do another eye exam and possibly get glasses. If you think that you are having trouble seeing clearly, make sure to tell your mom or dad so they can set a time for an eye exam.

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Nearsighted — You can see things close to you and have trouble seeing things that are far away, like a sign.

Farsighted — You can see far away but have trouble seeing items close to you, like when you read a book.

When you go to the eye doctor, you will probably be asked to read letters from a chart. The letters are going to be in rows of different sizes. You may be asked to read some letters up close. This test will determine whether you are nearsighted or farsighted. If you need glasses the doctor will use an instrument to find

what will help you see better. Remember that each person is different so it may take a little while to find what helps you to see the best. Once the doctor finds the combination that works best for you, he will write you a prescription for your glasses.



glasses or wear contact lenses to see better, you may also need glasses. Talk to your mom or dad, or both, about their eyesight.



- **True or False: Eating carrots will help you to see better.**

True. It is the vitamin A in carrots that is really important for eyesight. But vitamin A is found in many other vegetables. If you do not like carrots, there are other vegetables that you can eat (such as asparagus) that has a lot of vitamin A.

- **True or False: Two blue eyed parents cannot have a child with brown eyes.**

False. It is not very common, but not impossible for two blue-eyed parents to have a child with brown eyes. It is the same for two brown eyed parents – it is very uncommon for them to have a blue eyed child, but not impossible!

Vision Facts Quiz: True or False

- **True or False: Sitting too close to the TV is bad for your eyes.**

False. You may have heard your parents say this. There is no proof that sitting very close to a television is bad for your eyes. In fact, kids can focus better up close than our parents! If you feel like you have to be close to the TV to see it well, talk to your parents, you may need an eye exam.

- **True or False: If you cross your eyes, they will get stuck that way.**

False. If you are choosing to cross your eyes, they will not get stuck that way.

- **True or False: If your parents wear glasses you will too.**

True (most of the time). If your parents need

REFERENCES:

- American Academy of Family Physicians. Glasses and Contact Lenses. December 2007
- KidsHealth.org Vision Facts and Myths. August 2010

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