

# Prepare Your Child for an Eye exam

Your child may be afraid of an eye exam and may not cooperate. You can help by telling your child what to expect.

- There won't be any injections.
- The doctor may put drops in your eyes.
- The doctor shines a light in your eyes to see inside them
- The doctor asks you to name pictures or letters or point to things. You may wear special glasses or sit at a big machine.

## Parents Role

Pay attention to your child's eyes and behavior. Visit a doctor if you notice a problem or if your child complains. And have your child's eye checked as per the suggested schedule.

Your child's vision  
is the most important tool  
she has to succeed in  
school & later

Our Superspecialized Paediatric eye care team :

Dr.Nikunj Shah	Retinal Consultant
Dr.Sunil S.Jain	Glaucoma Consultant
Dr.Urmi Shah	Cornea & Cataract Consultant
Dr.Hrshikesh Tadwalkar	Oculoplasty
Dr.Atul Seth	Squint & Amblyopia Specialist
Dr.Hitesh Bafna	Anaesthetist

## DON'T WAIT

have your child's vision  
tested  
at

### THE EYE SUPER-SPECIALITIES



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## CHILDREN'S EYE EXAMS & GLASSES



helping kids  
see clearly

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# vision Screening

aimed at detecting eye disorder in kids

Routine eye care in children is very important, because many abnormalities are treatable if discovered early, and if untreated, can lead to vision loss & blindness.

In fact, upto 25% of school children may have vision problems that can affect their ability to learn.

Suggested Protocol for eye exam.

1. Infants - in the nursery.
2. Age 3-4 years - for visual acuity, alignment & diseases.
3. School age : visual acuity & alignment every year.

# vision problems

Refractive errors (poor visual acuity or the presence of astigmatism) are eye doctors' main concern for school-age children. Parents, as well as teachers, should keep a watchful eye for these 13 signals.

- ┆ Consistently sitting too close to the TV or holding a book too close.
- ┆ Losing his place while reading.
- ┆ Using a finger to follow along while reading.
- ┆ Squinting.
- ┆ Tilting the head to see better.
- ┆ Frequent eye rubbing.
- ┆ Sensitivity to light.
- ┆ Excessive tearing.
- ┆ Closing one eye to read, watch TV or see better,
- ┆ Avoiding activities which require near vision, such as reading or homework, or distance vision, such as participating in sports or other recreational activities.
- ┆ Complaining of headaches or tired eyes.
- ┆ Avoiding using a computer, because it "hurts his eyes".
- ┆ Receiving lower grades than usual

Schedule an appointment with your eye doctor if your child exhibits the above signs. A visit with the doctor may reveal that your child is nearsighted, farsighted or astigmatic. These three refractive errors are easily corrected with glasses or contact lenses.

# Eye care in Children is different from Adults.

Common Conditions

1. Crossed Eyes (Squint)
2. Eye glasses (refractive - error) nearly 25% children . Hence, even a seemingly "normal" child should be examined by age 3-4 years.
3. Lazy Eye (Amblyopia) If not treated in time can lead to permanent visual loss.
4. Allergic conjunctivitis - A recurrent problem in children causing eye rubbing, redness & stickiness.
5. Watering of eyes (Congenital Naso Lacrimal Duct Obstruction)
6. Eye diseases of premature children - Retinopathy of Prematurity
7. Developmental cataract.

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