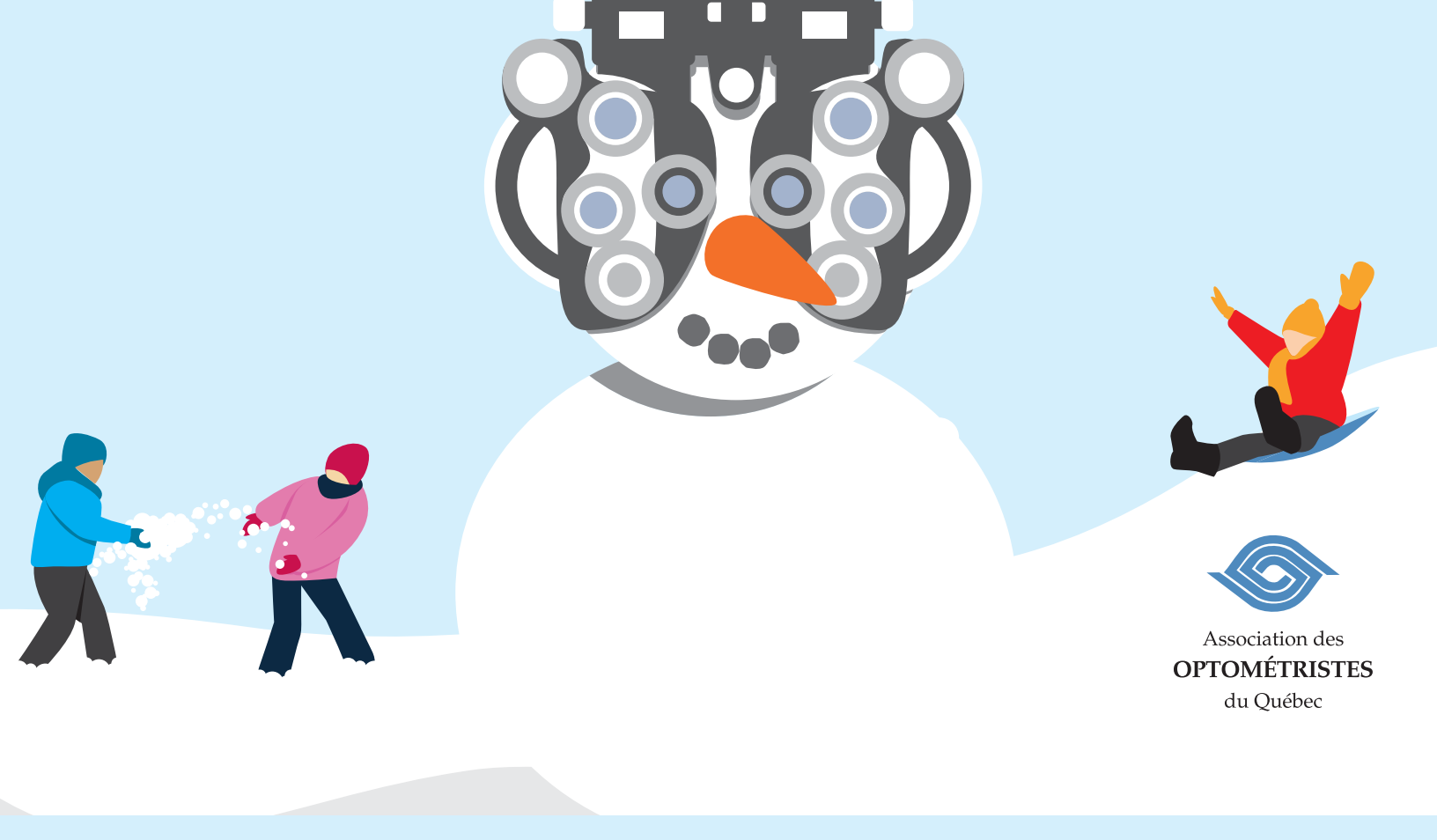


MARCH BREAK AND CHILDREN'S EYE HEALTH:

IT'S TIME TO TAKE A LOOK



Association des
OPTOMÉTRISTES
du Québec

PROPER VISION: A GAUGE OF SUCCESS



1 OUT OF 4 CHILDREN

has a vision problem that can negatively affect school performance.

To this day, close to 25% of grade school children suffer from a vision problem, without their parents or teachers noticing. Moreover, 61 % of Canadian parents erroneously believe having the capacity to detect a vision problem in their child.



Did you know?

The child who suffers from a vision problem will not express it clearly. Therefore, it's important to stay alert if your child complains of headaches, itchy eyes or tiredness or demonstrates issues with concentration in class.

AN EXAM ASAP



2 OUT OF 3 CHILDREN

begin school without having had their vision or eye health examined.

To ensure a healthy development, a complete eye exam is strongly recommended for all children as soon as they reach the age of three. As important as a vision test, eye health exams allow for the detection of potential diseases, such as congenital cataracts, that cannot be detected by a vision test alone.

A LEARNING DISABILITY OR AN EYESIGHT PROBLEM?

1 IN 6 SCHOOL-AGE CHILDREN

who has been diagnosed with learning problems actually has a vision disorder that can be corrected.

In the long run, a child's vision problem can have serious consequences, for example, on their motor skills, in addition to having a negative impact on their school performance.



AN EXAM: CHILD'S PLAY

For younger children, the eye health exam takes the form of a game:

optometrists use drawings, toys and lights to determine whether a child has a problem. Therefore, contrarily to what one might think, the child doesn't even need to know how to read.



AN EYE EXAM THROUGHOUT THEIR SCHOOL YEARS: NO REASON THEY SHOULD DO WITHOUT



Because this could make all the difference in a child's life, the *Association des optométristes du Québec* recommends that a complete eye health exam be conducted every year, until adulthood. This exam can even become part of a family's routine, on the same level as consulting a doctor or a dentist.

An appointment with an optometrist can be obtained within 5 days or the same day, in case of an emergency. Moreover, a majority of doctors of optometry offer emergency healthcare services for issues such as infections, inflammations, allergies and lesions, including the removal of foreign bodies in the eye.



Did you know?

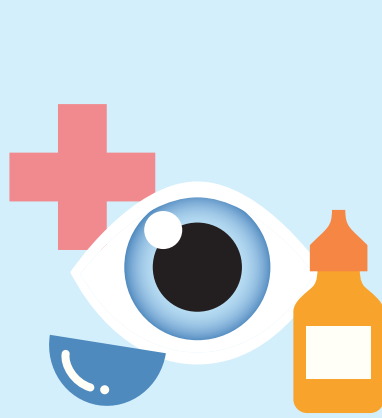
Visions tests and examinations are covered by the *Régie d'assurance maladie du Québec* until a child reaches 18.

Take advantage of March Break to contact your nearest optometrist and make an appointment!

OPTOMETRISTS: YOUR VISION AND EYE HEALTH SPECIALIST



The optometrist is a leading healthcare professional holding a doctorate in optometry earned over five years in university. They are qualified to act as a point of entry for all needs regarding vision, eye health, and the provision of eyeglasses.



Their primary roles are the evaluation of a patient's vision and eye health, and the prescription and administration of medications related to the eye exam, as well as to the treatment of certain conditions. Optometrists also prescribe necessary ophthalmic lenses, in the form of contact lenses or eyeglasses, or as part of a visual rehabilitation program.



The optometrist provides patients with guidance in the prevention of vision problems and the maintaining of good eye health, and can direct patients towards other health professionals if required.