

Kids eyes

WHAT TO EXPECT

80% OF LEARNING in a child's first 12 years comes through the eyes

Vision screenings can miss up to 60% of serious problems that an eye exam can catch

A child's developing eye is more vulnerable to UV damage

**FIND OUT HOW
TO PROTECT
YOUR CHILD'S
VISION FOR THE
FUTURE**

Transitions

**CULTURAL
CONNECTIONS™**

Protect Your Child's Vision

Schedule Regular Eye Exams

Routine vision screenings, at a school or pediatrician's office, identify just a small percentage of vision problems in children. Regular, comprehensive eye exams are recommended for all children to help them see their best and to rule out serious vision problems. Eye exams can even provide early detection of overall health issues such as diabetes, neurological disorders, brain tumors and certain types of cancer.

Ask About Lens Options

Your child only has one pair of eyes. So be sure to protect them from hazards such as trauma, glare (bright light) and UV exposure.

9 out of 10
kids prefer
Transitions® lenses
to regular, clear
lenses.

- Impact-resistant lens options, such as polycarbonate or Trivex® material, can help protect your child from sports-related eye injuries.
- Anti-reflective coatings reduce reflections that can make it difficult for your child to see clearly and comfortably.
- Transitions® lenses darken and adapt in changing outdoor lighting conditions — helping to optimize your child's vision by reducing glare, eyestrain and fatigue. They also block 100 percent of UV rays to protect your child's long-term eye health.

Recognize the Signs

Trouble seeing up-close or reading the chalkboard, poor grades, headaches, watery or red eyes, and excessive blinking or rubbing of the eyes may be signs that your child needs vision correction.

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TALK TO YOUR EYECARE PROFESSIONAL

Many of the things kids do every day can affect their vision. Talk about:

- Your child's lifestyle — including sports or other activities
- Overall health issues or family history
- Vitamins or medications your child is taking, including for illness, asthma, allergies or depression

Ask about special lens options that can enhance your child's vision today and protect it for a lifetime.

To learn more about the Transitions® family of products, visit www.Transitions.com.

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WHAT'S HAPPENING TO THE EYE?

Vision and Childhood Development

Childhood is an important time in the development of the eyes. It's when many vision problems occur — such as trouble seeing up-close or far away — and when healthy eye habits are formed.

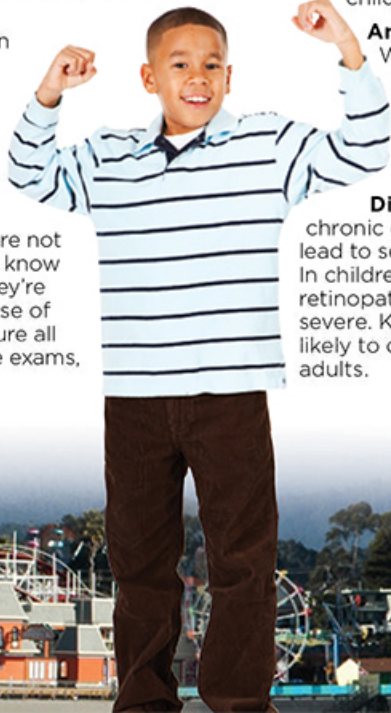
While many vision problems are not life-threatening, they need to be identified and treated early in order to avoid short- and long-term problems that can follow kids into adulthood.

Poor Vision = Poor Performance

When kids aren't seeing their best, they're not performing their best. Undiagnosed vision problems can hurt a child's performance in school. In fact, millions of children suffer from undetected vision problems that may cause them to fail in school.

Kids with vision problems can have trouble playing sports, and can suffer from low self-esteem or frustration. Vision problems can even contribute to physical side effects such as redness, watering eyes or headaches.

Kids don't always know they're not seeing their best, or may not know how to communicate that they're having trouble seeing. Because of this, it's important to make sure all kids are receiving regular eye exams, especially before school.



COMMON EYE HEALTH ISSUES

Talk to your eyecare professional to find out if your child's eyes are at risk.

Vision Problems

Common vision problems can usually be treated easily with corrective eyewear.

Myopia, or near-sightedness, makes it hard for a child to see objects far away.

Hyperopia, or far-sightedness, makes it difficult for a child to see up-close objects.

Astigmatism is a condition that causes blurred vision or trouble seeing fine detail.

Eye Development Issues

These can be better treated when caught early. Untreated, they can lead to permanent problems or vision loss.

Strabismus, or crossed eyes, occurs when the eye muscles fail to work together. Half of children who have it are born with it.

Amblyopia is also known as "lazy eye." With amblyopia, misalignment or focusing issues cause one eye to be dominant, and the other to become weak or even blind.

Overall Health Issues

Diabetes is one of the most common, chronic diseases affecting children. It can lead to serious vision problems or blindness. In children, complications from diabetic retinopathy may appear earlier or be more severe. Kids with diabetes may also be more likely to develop cataract and glaucoma as adults.

DID YOU KNOW
the eye doctor is often the first health professional to detect issues such as diabetes?



ENVIRONMENTAL RISKS

Trauma

More than 40,000 sports-related eye injuries occur each year — and nearly all could have been prevented with the right eyewear.

To prevent injuries, kids should wear protective glasses when they're playing sports, or even just rough-housing. If your child wears glasses, ask about impact-resistant options such as polycarbonate or Trivex® material. If your child is involved in contact sports, consider wrap-around glasses or goggles.

UV Exposure

Kids spend more time outdoors than adults — and their eyes are more vulnerable to damage from UV rays. Short term, UV exposure can lead to sunburn of the eyes or eyelids. Over time, it can lead to serious diseases such as cataract and macular degeneration.

All kids' everyday eyewear should block 100% of UVA and UVB rays. Even kids who don't need vision correction should wear UV-blocking sunlenses when outside. Not all sunlenses block 100% of UV rays — so make sure your child's eyes are covered.

Glare

Glare, or bright light, can lead to trouble seeing, squinting, headaches, eyestrain and fatigue. Even glare from TV or computer screens can be distracting. Lens options like photochromics or anti-reflective coatings offer protection from glare and can help improve a child's overall quality of vision and maximize comfort.

