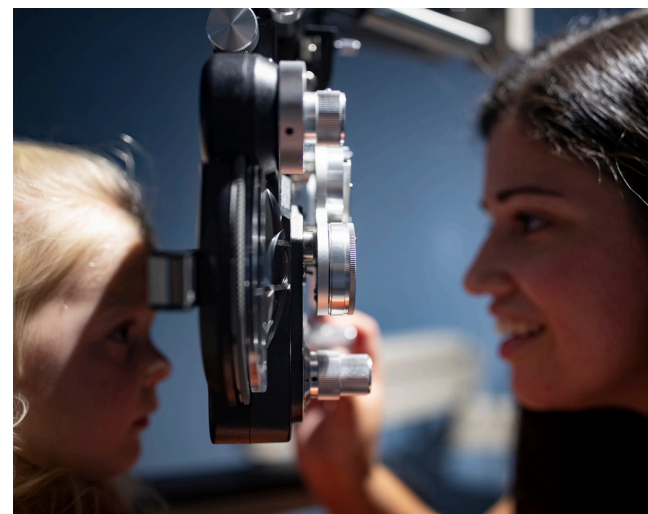




EYESIGHT



Crossing off Vision Exams from Back to School Checklist

While focusing on children's needs for school and preparing them for the upcoming year, it is important to remember to check an annual eye exam off your child's back-to-school list even if it is at the start of the school year.

A child's eyes are constantly going through changes. Some changes are not noticeable. And, school vision screenings, while good, are often not enough. According to the American Optometric Association (AOA), school vision screenings miss up to 75% of children with vision problems. More than 60% of the children found to have eye problems through screenings never visit the doctor for follow up exams or get the help they need.

IN THIS ISSUE:

- Crossing off Vision Exams from Back to School Checklist
- Computer Eye Syndrome: Eye Care in the Online World
- How Do You Know I Have Hearing Loss?
- Personalized Features in Modern Hearing Aids

Children should receive comprehensive eye exams on a regular schedule beginning during infancy, recommended by the AOA:

- A comprehensive eye exam between the ages of six months and 12 months
- At least one comprehensive eye exam between the ages of three and five to check for any conditions that could have long-term effects
- An annual, comprehensive eye exam starting before first grade

Signs of vision issues in children include:

- Squinting
- Sitting close to the TV
- Becoming distracted in school
- Headaches
- Loss of interest in reading

During the school year, it is also important to ensure proper eye care for children in sports or recreational activities are in place. It's important for them to wear protective glasses, goggles, and helmets. These devices can help reduce the chance of eye injuries that may happen while participating in various recreational activities.



This school year, don't let vision problems impact your child's success in the classroom and on the playing field. The Eye Institute (TEI) offers comprehensive vision exams for children, protective eyewear solutions, vision therapy services and more.

For more information or to book an appointment, call 215.276.6111 or visit Salusuhealth.com/TEI

Computer Vision Syndrome: Eye Care in an Online World



Over the last few decades, our lives have become more online than ever before, and it has taken a toll on our eyes. According to the American Optometric Association (AOA), the average American worker can spend seven hours per day on the computer. This constant and often uninterrupted gaze at your screen can cause a variety of unpleasant symptoms that are referred to as Computer Vision Syndrome (CVS).

Around 70 percent of workers complain of eyestrain, according to the National Institutes of Health (NIH). There are a variety of factors that contribute to this, including lighting, glare, poor posture, uncorrected vision problems, and screen quality/resolution.

These can cause the following symptoms:

- Headaches
- Eyestrain
- Blurry vision
- Dry eye
- Neck and shoulder pain

Computer Vision Syndrome is used to describe any combination of these symptoms as a result of screen use. Symptoms are typically temporary, but can recur and worsen in the future if preventative action isn't taken.

For many, regular computer and phone use is unavoidable, but there are actions that can help reduce symptoms.

- Proper Vision Prescriptions
- Computer eyeglasses
- Blinking
- Eye drops
- Frequent breaks
- Proper lighting and glare reduction
- Seating and monitor position

These habits, combined with regular eye examinations and comprehensive vision care, can help alleviate the symptoms of Computer Vision Syndrome.

If any of these symptoms sound like you may be experiencing CVS, contact The Eye Institute to figure out what solutions might work best for you. For an appointment, [call 215.276.6111](tel:215.276.6111) or visit Salusuhealth.com/TEI



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At Salus at Drexel University's health facilities, The Eye Institute, Pennsylvania Ear Institute, and Speech-Language Institute's compassionate doctors, clinicians, and support staff have dedicated their lives to improving the health and well-being of our community.

If you have a caregiver who has made a meaningful impact on your life, please consider sending them a note of gratitude and making a charitable gift to the clinic in his or her honor. Although the amount of your contribution remains confidential, your Healthcare Hero will be notified of your honorary gift and he or she will be given special recognition.

Honor your Healthcare Hero



Your gift not only demonstrates deep gratitude for the care you received, but it will play a critical role in enhancing access to care, advancing innovation and improving the patient and client experience in our community.



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