



OHIO
OPTOMETRIC
ASSOCIATION

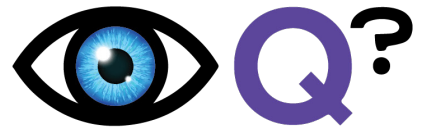






Department of
Health
Save Our Sight

Education Initiative
teaching students about
eye health and safety.

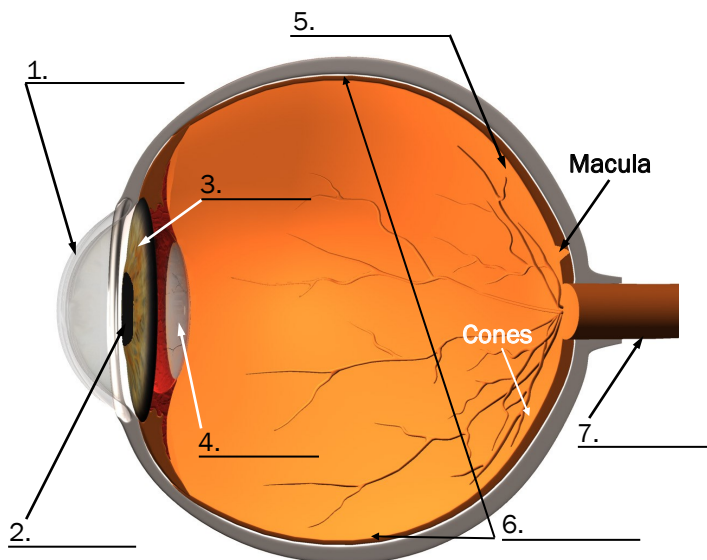
Realeyes

WHAT'S YOUR Q?



TRUE	FALSE	SECTION ONE: HOW THE EYE WORKS
		1. My eyes can see only three colors.
		2. When I see "red eye" in a photograph, I'm seeing blood from the retina.
		3. The eye can be transplanted. 
TRUE	FALSE	SECTION TWO: EYE DISEASES
		4. One-half of all Americans age 65 or older have a cataract.
		5. The most effective way to detect glaucoma in its early stages is to watch TV sitting sideways.
		6. The signs or symptoms of diabetes, high blood pressure, heart disease, cancer, and multiple sclerosis can all be detected during a comprehensive eye exam.
TRUE	FALSE	SECTION THREE: EYE SAFETY
		7. I am able to close my eyes before something flying out of a lawn mower would hit them. 
		8. It is OK to share contact lenses with another person as long as you clean them first.
		9. Sharing eye make-up can lead to an infection.
		10. Smoking, drinking alcohol, and rubbing the eyes can all be harmful to the eyes.
		11. If you get a chemical in your eye, you should flush the eye with water for several minutes.
		12. Your eyes are exposed to more damaging sunlight while snow skiing on a cloudy day than relaxing at the beach on a sunny day.
		13. It's the darkness of the lens that is most important when buying sunglasses. 
TRUE	FALSE	SECTION FOUR: VISION DISORDERS
		14. On average, if 100 kids went to the eye doctor, 25 of them would have an eye problem.
		15. 80% of learning takes place through vision under normal circumstances.
		16. If I am nearsighted, I see close objects more clearly than distant ones. 

Label the parts of the eye as you watch the video.



FIND YOUR BLIND SPOT



Step 1: Hold the paper with your left hand at arms length and close your right eye.

Step 2: Look directly at the X. Even though you're looking at the X, you should be able to see the dot out of the corner of your eye.

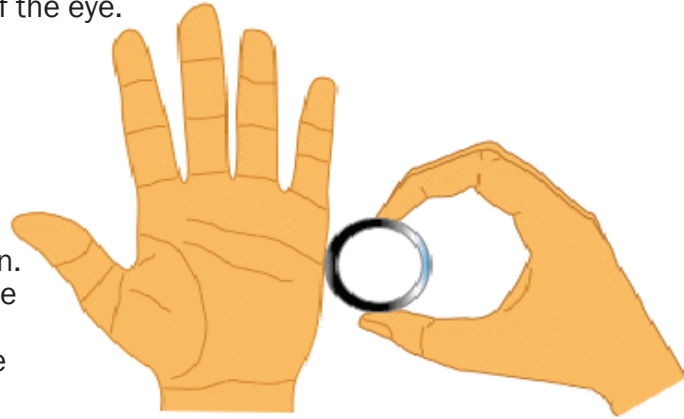
Step 3: Slowly move the paper closer to you. Remember to keep looking at the X. At a certain point, the dot will disappear out of your line of sight. This point is your blind spot.

CHALLENGE YOUR FAMILY...

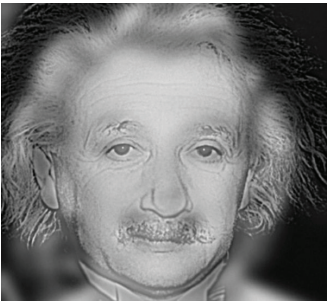
- Ask them to respond to the true/false questions on the front.
- Help them discover their blind spot and quiz them on parts of the eye.
- Try this fun optical illusion and brain bender:

Create a hole in your hand!

- Roll a piece of paper into a tube.
- Hold the tube up to your right eye using your right hand.
- Stare at a wall several feet in front of you with both eyes open.
- Bring your left hand up in front of your left eye so that the side of your hand touches the tube.
- Move your hand closer to your eyes. You will see a hole in the middle of your hand!



Marilyn Monroe or Albert Einstein?



Ask a family member to hold this image farther than arm's length in front of you. What do you see?

This optical illusion was created by neuroscientists at the Massachusetts Institute of Technology. At normal viewing distance, healthy eyes should be able to pick up the fine lines on Einstein's face, causing the brain to disregard Marilyn Monroe's image. However, when you move the picture farther away than arm's length, your eyes can no longer see the thin gray lines that illustrate Albert Einstein, so the picture of Marilyn Monroe becomes prominent,

DISCUSS WITH YOUR FAMILY...

- Explain that a local optometrist presented a Realeyes program today in your class. Realeyes is a vision education program sponsored by the Ohio Optometric Association and made possible through the Ohio Department of Health Save our Sight Program. When Ohioans renew their license plates they are asked to donate \$1 to the Save our Sight Fund.
- What vision disorders and/or diseases do relatives have and when was everyone's last eye exam by an eye doctor?
- The importance of protecting your eyes from the sun and wearing protection for yardwork and sports.
- Vision screenings are an important step in eye care. Make sure to always follow up with a comprehensive exam performed by an eye doctor to ensure your eyes are healthy.

To learn more about children's vision & resources in your community visit:
oaa.org/Realeyes_community.

Did you "Realeyes?"

- Vision disability is the single most prevalent disabling condition among children.
- 70% of students on an IEP have a vision disorder.
- Eye problems may not hurt. An eye exam by an eye doctor is the only way to find out the overall health of your eyes and vision.

