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SEE YOUR WORLD

Issue 15, December 2012



To our valued clients

As 2012 draws to an end it is a good time to reflect on a year that has simply flown past. We would like to say a heartfelt thank you to each and every one of you for your support throughout what has been a blessed year. It is a clichéd fact that the only constant is change, and it is with this in mind that we continuously strive to stay on the forefront of optometry, both clinically and product-wise, to enable us to progress and provide a top class eye care experience.

Speaking of progress, three babies within the Vision family will experience Christmas for the first time this year! It is moments like these that keep our feet firmly planted on the ground while giving us the motivation to make the most of each day for a better future.

May you all have a peaceful, joyous Christmas and a safe and prosperous 2013.

Werner and the VISION team

How often is an eye examination needed?



This is one of the questions we frequently hear at VISION. We have compiled a table to help answer your questions.

Infants

Infants are born with underdeveloped visual systems. A child's visual system develops throughout the first months and years of life.

First eye examination: 6 months of age. Certain conditions that require attention can be detected early e.g. strabismus ("squint"). A family history of eye problems as well as a premature birth may increase the risk of visual problems. It is recommended that a paediatric ophthalmologist examines children under four.

Preschool Children

The visual system is enhanced during the preschool years, it is therefore important to detect problems that may affect proper development.

Exam frequency: Preschool children should have an eye exam by the age of four and again before Grade 1.

Spectacle wearers/Eye exercises: If a child is prescribed spectacles or eye exercises during this time an eye exam is recommended yearly.

School-Age Children



The visual system is crucial for academic performance and sport. Undetected vision problems may cause a drop in performance in these areas.

Exam frequency: Every 18-24 months if no vision problems are present.

Spectacle wearers/Eye exercises: If a child is prescribed spectacles or eye exercises during this time an eye exam is recommended yearly.

Adults under 40

Spectacle/Contact lens wearers: Yearly exams

Non-Spectacle/Contact lens wearers: Every 18-24 months or sooner if symptoms develop or there is a family history of eye disease.

Adults with health problems: More frequent examinations may be needed for adults with diabetes, high blood pressure and other disorders as many diseases can affect the health of your eyes.

Adults Over 40



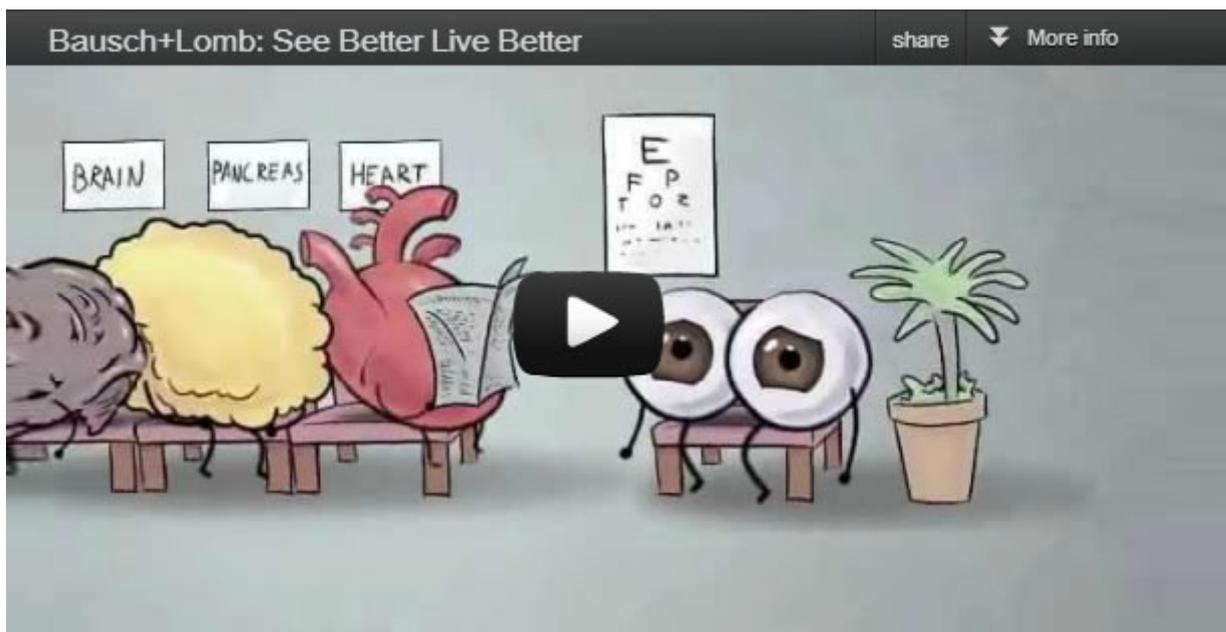
From the early forties the eye's ability to focus on close objects begins to decrease. This is a normal physiological change known as presbyopia. Also, the risk of eye disease such as glaucoma, cataracts and macular degeneration increases with advancing age. Often there are no symptoms in the beginning stages therefore it is crucial to detect any eye disease early.

Exam Frequency: Yearly exams.

Contact Lens Wearers

An annual exam of the cornea is required as per the Health Professional's Council of South Africa. This is to make sure that no unwanted side effects that may lead to complications are present on the surface of the eye.

Watch this summary video on the important of regular eye exams



Compiled and modified by Davor Jadrijevic and taken from About.com Health's Disease and Condition Pages.

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Useful articles this month



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Ocular nutrition and eye health is an important part of helping maintain our vision and eye health as we age...



[Driver's licence screening at VISION](#)

Professional vision screening for your driver's licence is done at our VISION branches...

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