

## PRESS RELEASE



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### For Immediate Release



### Protecting Your Keiki's Vision This School Year

**(Wahiawa, Hawaii) August 10, 2017** – It's back to school time! Good vision plays a vital role in the learning process, so parents should take steps to protect their keiki's eyes. To help your keiki get the best out of their education, the American Academy of Ophthalmology (AAO) has designated August Children's Eye Health and Safety Month.

"Because children are still growing, the sooner eye issues are identified and corrected, the better their vision can be protected from further issues and damage," said Steven Rhee, D.O., Cornea Specialist at [Hawaiian Eye Center](#).

The AAO offers the following tips to help protect your keiki's vision throughout the school year:

- **Get regular childhood vision screenings** – Children's eyes change rapidly, making regular vision screenings an important step in detecting and correcting eye problems early. In addition to screenings for infants, the Academy recommends further vision screening for children when they are:
  - Pre-school age, between age 3 and 3 and a half
  - Entering school
  - Experiencing a possible vision problem

For school-age children, a vision screening, which is less comprehensive than a dilated eye examination by an ophthalmologist, can be performed by a pediatrician, family physician, nurse or trained technician during regular checkups. If the screening detects a problem, the child may need to see an ophthalmologist – an eye physician and surgeon – or other eye care professional.

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- **Know and share your family eye health history** – Everyone should find out whether eye conditions or diseases run in their family. Parents should share that information with the person performing the screening when possible. Examples of common eye conditions include nearsightedness, crossed eye, known as strabismus, and lazy eye, known as amblyopia. If these are not treated in childhood, they can cause permanent vision loss in one eye.
- **Watch for signals of eye problems** – Parents should be alert to symptoms that could indicate an eye or vision problem, such as complaints of eyestrain, headaches and squinting when reading or performing other common activities. Other symptoms to look for include a white or grayish-white coloring in the pupil, one eye that turns in or out, or eyes that do not track in sync together.
- **Wear protective eyewear when playing sports** – Eye injuries while playing sports can cause serious damage, whether by getting smacked with an elbow during basketball or hit with a hockey stick. If your child plays racket sports, hockey, field hockey, baseball or basketball, consider having them wear goggles or other certified protective eyewear.

Help your keiki this school year by keeping an eye on their eyes. Learn more at [AAO.org](http://AAO.org).

*Christopher Tortora, M.D., and Steven Rhee, D.O., are board-certified ophthalmologists at Hawaiian Eye Center. Dr. Tortora and Dr. Rhee also host "The Hawaiian Eye Show," a weekly informational radio program about healthy vision broadcast live every Saturday at 8 a.m. on KHVH 830 AM. Hawaiian Eye's dedicated doctors and support staff are committed to educating the public about the importance of preventative eye care. To learn more about a variety of eye health issues, please call 621-8448 or visit [HawaiianEye.com](http://HawaiianEye.com). "For over 40 years, life has never looked better."*

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