

3 Ways to Protect Your Children's Vision



According to the American Public Health Association, about 10% of preschoolers¹ and one in four school going children² have eye or vision problems. Another study states that the economic costs of children's vision disorders have risen to \$10 billion annually³.

In 2017, according to HealthDay News, close to 175,000 American preschoolers were struggling with untreated vision problems; the number is expected to increase by 26% by 2060⁴.

These astronomical numbers indicate a deeper problem; children today are following a lifestyle that is putting their eyes at risk. For example, according to Common Sense Media, children

¹ <https://www.aoa.org/patients-and-public/good-vision-throughout-life/childrens-vision/preschool-vision-3-to-5-years-of-age>

² <https://www.parents.com/health/eyes/vision/protect-your-childs-eyesight/>

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https://nationalcenter.preventblindness.org/sites/default/files/national/documents/Children%27s_Vision_Chartbook.pdf

⁴ <https://consumer.healthday.com/eye-care-information-13/eye-and-vision-problem-news-295/untreated-vision-problems-plague-u-s-preschoolers-722380.html>

under the age of eight, typically spend more than two hours in front of a screen every day; for eight to ten years old, the screen time jumps to six hours a day⁵.

Fortunately, there are many ways to protect your child's vision. Let's talk about them in a little more detail.

Follow a healthy diet



Make sure that your kids follow a rich, nutritious diet that includes fruits, vegetables, nuts, and fish. These foods contain key antioxidants and nutrients like omega 3 fatty acids⁶, Vitamin C⁷ and Beta Carotene⁸ that help maintain healthy eyes.

⁵ <https://www.common sense media.org/research/the-common-sense-census-media-use-by-kids-age-zero-to-eight-2017>

⁶ <https://www.health.harvard.edu/heart-health/omega-3-for-your-eye>

⁷ <https://www.sciencedaily.com/releases/2011/07/110715135353.htm>

⁸ <https://www.medicalnewstoday.com/articles/252758.php>

Fish such as Salmon and Tuna contain high levels of omega 3 fatty acids which help preserve vision⁹ by maintaining good lubrication¹⁰.

Get regular eye exams



By the time your child is six years of age, he or she should have had at least three eye exams¹¹. A comprehensive eye exam¹² will not only detect problems but will also determine your child's risk for major eye diseases.

⁹ <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/fats/fish-and-omega-3-fatty-acids>

¹⁰ <https://newsnetwork.mayoclinic.org/discussion/mayo-clinic-q-and-a-fish-oil-supplements-and-dry-eyes/>

¹¹ <https://www.eyesiteonwellness.com/keep-up-with-your-childs-eye-exams/>

¹² <https://www.aoa.org/patients-and-public/caring-for-your-vision/comprehensive-eye-and-vision-examination>

Sun and UVA protection



Research says that the sun and UVA rays are more damaging to children's eyes than adults¹³. Unlike the fully developed lens of an adult eye, a child's ocular lens cannot filter out UV rays effectively.

Kids, who receive almost three times the sun exposure than adults do, stand at risk of damaging their vision later in life. That being said, only 5% of American parents say that their children always wear sunglasses when they go out to play. A huge chunk of 12.6% admit that their children use no sun protection for their eyes¹⁴.

Protect your child's eyes from harmful UV rays by means of shelter or UV coated lenses to reduce the risk of damage.

If you think there might be something wrong with your child's vision, please seek medical advice. To discuss your eye health with leading physicians in **Clear Lake, Texas**, give us a call at [\(281\) 557-5620](tel:2815575620).

¹³ https://healthcare.utah.edu/the-scope/shows.php?shows=0_f6qid5ri

¹⁴ <https://www.thevisioncouncil.org/content/uv-eye-protection/kids>

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