80% of learning to age 12 comes through a child’s eyes... Yet, 86% of children <12 have never had a comprehensive eye exam.

1 in 4 school aged children have undiagnosed vision problems

They often get misdiagnosed with ADD/ADHD, medicated, tracked and put on individual education plans (IEPs).

NO IEPs WITHOUT COMPREHENSIVE VISION EXAMS!

80% of children on IEPs have vision problems

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Early comprehensive eye exams by licensed eye doctors can prevent, detect and correct conditions and vision problems to unleash the full potential of each child in Oregon by enabling them to learn at their highest potential.

For lack of good vision care that is readily available...

- 10 million children in US suffer from undiagnosed vision problems.
- Many children who may just need glasses get “labeled”, tracked, medicated and put on IEPs - their education is sidetracked and their success in life damaged.
- Prisons use 3rd grade reading levels for projections for building prisons: 70% of juvenile offenders and 75% of incarcerated adults have undiagnosed vision problems.
- 5% of children have a completely preventable and treatable condition if caught by an eye doctor in the first few years of life, yet it remains the leading cause of blindness under age 40 (Amblyopia).

The loss of 10 million children who are kept from achieving their potential to grow up and contribute their gifts and talents to their local communities, states and our country is a national tragedy.

“NO IEPs without a comprehensive eye exam” should be part of any state and federal health and education policy, legislation and rules to rule out vision as a barrier to learning first.
1 - 3 - 5! Protect Oregon's Children’s Sight and School Success

Oregon Optometric Physicians Association
Providing medical primary eye health and vision care throughout Oregon

The American Optometric Association Pediatric Clinical Guidelines and the Oregon Optometric Physicians Association recommend the following guidelines for frequency of children’s vision exams:

- Age 6 to 12 months (1)
- Age 3 years (3)
- Before entering school (5)
- Every two years thereafter

Children with other health issues or special needs often have their vision and eye health overlooked. Your optometrist will recommend an appropriate schedule for at-risk kids.

Visit www.oregonoptometry.org for the full clinical guidelines.
All children need comprehensive eye exams. Institute a 1-3-5 policy for children’s vision in Oregon.

The American Optometric Association Clinical Guidelines for Pediatric Vision recommend the first comprehensive eye exams for children before age 1, again at 3, then before school, and every other year thereafter - unless more frequent exams are recommended by the eye doctor.

Learn more about AOA’s Evidence-Based Clinical Practice Guideline: Comprehensive Pediatric Eye and Vision Examination at www.oregonoptometry.org
Helping children see saves Oregon taxpayer money

OREGON OPTOMETRIC PHYSICIANS ASSOCIATION

Cost Savings to Education and State Budget of Children's Comprehensive Eye Exams

CRISIS
5.6 mil children in US are on Individual Education program (IEP) or labeled as "slow", Learning Disabled, ADD/ADHD

BUT...
80% of kids on IEPs actually have vision problems (4.5 million)

Current IEP cost/student = $10,000*
VS
Ave. cost of children's eye exam = $100

Cost Savings to US Education = $5 Billion if just 10% of children could be removed from IEPs with corrective vision!

* Los Angeles School District. Some IEPS can be as high as $100,000 per student.

SOLUTION: NO IEP WITHOUT COMPREHENSIVE DILATED EYE EXAM TO RULE OUT VISION PROBLEMS AS A BARRIER TO LEARNING FIRST!!
A child that sees like this can pass a vision screening.

A child that sees like this can pass a vision screening.

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A child that sees like this can pass a vision screening.

Maybe there's a reason why your child can't sit still for 20 minutes to do schoolwork.

Don't wait until they're struggling in school. Give them the best chance to succeed from Day 1!

Children don't know how they're "supposed" to see, so they're unable to alert their parents if they have a vision problem - and often think everyone sees the same way they do.

**SIGNS OF VISUAL IMPAIRMENT**

- Avoiding or not liking reading
- Short attention span
- Difficulty throwing or catching a ball, copying from a chalkboard / whiteboard, or tying their shoes
- Pulling a book in close to their face, or sitting too close to a tv
- Lots of blinking or eye rubbing
- Guiding their eyes with a finger or pencil while reading
- Failing performance in school

Make an appointment for your children to get a comprehensive dilated eye exam.

Visit www.oregonoptometry.org to find an eye doctor near you.
All Oregon kids need comprehensive eye exams by licensed eye doctors.

Oregon has plenty of resources to ensure ALL children have access to comprehensive eye care by licensed eye doctors.

Many programs provide no cost eye exams for Oregon children age 0-18.

- AOA InfantSEE
- OOPA
- OR Foundation for Vision Awareness
- KEX Kids
- OR Lions Sight & Hearing Fdn
- OHA
- OR Vision Coalition

Contact OOPA for more info and referrals at www.oregonoptometry.org or call 503-654-5036.
Do you or your children play sports?  

Talk to your Eye Doctor Today about important vision skills for athletes.

VISION SKILLS FOR ATHLETES

• Dynamic Visual Acuity
• Visual concentration
• Eye Tracking
• Visual Memory
• Visualization
• Peripheral Vision
• Visual Reaction Time
• Depth Perception

Get that winning edge!
An Optometrist specializing in sports vision can assess your unique visual system and recommend the proper eyeglasses or contact lenses, or design a vision therapy program to maximize your visual skills for your specific sport.
Vision is a better predictor of academic success than socioeconomic status.

YET, 25% of all school age children have undetected vision problems. More than 80% don’t get the help they need.

How many children in Oregon are we losing to school success for lack of comprehensive eye exams - which are required before entering school, AND are covered by OHP.

Cost should never be a barrier to children’s vision so why do 86% of children go without comprehensive dilated eye exams.

So...why are so few of Oregon’s children getting comprehensive dilated vision exams?

All children need eye exams by licensed eye doctors, even if they pass school screenings.
Screenings vs. Exams... What's the Difference?

Vision Screenings only test distance vision (acuity), not the ability to read up close, the ways eyes track together or eye health problems.

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Screenings can rule out some vision problems and may be a good first step if all those screened are informed that EVERYONE needs comprehensive dilated eye exams.

Screenings do not examine the health of the eye.

Only eye exams performed by licensed eye doctors (optometrist or ophthalmologist) evaluate not only your visual acuity, but also the complete health of your eyes, from front to back — including checking for early signs of serious eye problems such as glaucoma, cataracts, macular degeneration and other sight threatening and life threatening conditions like diabetes, hypertension, high cholesterol, heart disease and cancer.

Screenings often give the false impression that the person has received an “exam”. That perception prevents people from seeing their doctor for comprehensive eye exams.

1.4 million individuals in the US aged 12 and older have visual impairments; 80% could have their vision improved through refractive correction. Prescriptions for refractive correction can only be provided by a licensed eye doctor.

Learn more at www.oregonoptometry.org
Optometric Physicians provide
>90% of primary eye care in Oregon

Oregon Optometric Physicians Association

Providing medical eye health and vision care throughout Oregon

>1000 Optometric Physicians work in all communities across Oregon - often the only eye and vision care available for miles.

Optometrists are often the only access to sight saving care in rural areas in Oregon.

Learn more at www.oregonoptometry.org
Online refraction apps do not provide an eye exam. They are not accurate nearly 1/2 of the time, do not meet the recognized standard of care and, by being unable to diagnose eye or systemic conditions and diseases, they place vision and health at risk.

Technology is not the problem. Improper use that puts patients at risk is.

Nearly half of all glasses (44.8%) ordered online either contained an inaccurate prescription or didn't meet safety standards designed to protect the eyes.

23% of the lenses failed impact resistance testing – a major safety issue. Children’s glasses performed even worse, with 29% failing impact testing.

There is no substitute for in person comprehensive dilated eye exams.
Your eyes are the windows to your soul AND to your overall health. Did you know that your eyes provide the only non-invasive view of your body’s blood vessels that reveal valuable information about your health?

Eye doctors frequently are the first health care providers to detect signs of these chronic illnesses and more:

- High cholesterol
- Diabetes
- Hypertension
- Juvenile rheumatoid arthritis
- Multiple sclerosis
- Cancer
- Aneurysm
- Lack of Vitamin A

Eye doctors have an unobstructed view of the eyes' blood vessels, which is where they can see signs of these chronic conditions.

All Oregonians from birth on should have an annual comprehensive dilated eye exam to detect sight and life threatening problems.

Learn more at www.oregonoptometry.org
More people are afraid of losing their sight than their memory or ability to walk...
but only 30% get annual comprehensive dilated eye exams to prevent blindness and disease.

Eye Injury and Diseases Commonly Diagnosed and Treated By Oregon Optometric Physicians:

More than 1 million visits to ERs due to improper use of contact lenses for a total of $175 million a year. Keratitis is an infection of the cornea that can be caused by wearing contact lenses too long or improper hygiene.

Regular annual comprehensive eye exams prevent, diagnose and treat eye disease like these:

- Hordeolum
- Conjunctivitis
- Blepharitis
- Corneal Abrasion
Digital Eye Strain Affects Us All

Do you spend long hours reading, working at your desk, or staring at a computer? Are your eyes sore, tired, itchy, dry, watery or sensitive to light? Take these simple steps to minimize eye strain:

• Adjust computer screen brightness so it is most comfortable for you.
• Position text at the same level as the screen if you are typing from copy.
• Turn off harsh overhead lights and use an adjustable shaded lamp.
• Give your eyes a chance to rest. Follow the 20-20-20 rule to look away from your computer and allow your eyes to re-adjust.
• Blink often or use artificial tears - but see your eye doctor if you are using them every day.
• When seated at a desk, make sure your feet are flat on the floor.

Learn more at www.oregonoptometry.org
Contact lenses are convenient, but improper dispensing and use can cause sight threatening infections and injury.

Contact lenses are federally regulated medical devices and require annual eye exams for renewed prescriptions.

Some online companies are violating the law in Oregon.

Patient health and safety of are the prime imperatives of doctors of Optometry.

- Optometric Physicians use technology in treating patients every day, but eye exams and the proper fitting of contact lenses can not be accomplished remotely using today’s technology.
- Online apps fail to assess eye and medical health evident in person, and are inaccurate nearly 50% of the time.
- Patients complain about eye injury, lasting damage and infections from wrong curvature, materials, O2 levels, and permeability that incorrect online contact lenses cause.
- Contact lenses are federally regulated medical devices; popular online companies are not “approved” by the FDA. 13 states have banned online vision apps to safeguard the public’s eye and vision health.

All telehealth laws and regulations should require at a minimum the same clinical standards of in person care to protect patients from dangerous and illegal online apps.

Patient Protection and Clinical Standards of Care Should Drive Telehealth Law
300,000 cases of Diabetes were first diagnosed by eye doctors last year.

Regular annual comprehensive eye exams prevent, diagnose and treat life and sight threatening diseases.

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The eye is the only exposed organ in the human body. With their training and equipment, Optometric Physicians can detect even the smallest changes in blood vessels and pressure in the back of the eye, allowing them to diagnose medical issues like diabetes, heart disease, hypertension, cancer.

Online or phone apps can’t do that.

Everyone, from birth on, should be getting comprehensive dilated eye exams annually.

Learn more at www.oregonoptometry.org.
Give the gift of sight to those you LOVE!

Take your family to the Optometrist and show them you not only love the way they look...you love the way they SEE!

Show your family how much you love them. Schedule comprehensive dilated eye exams for your whole family.

Visit www.oregonoptometry.org/find-an-optometrist or call OOPA at 503-654-5036
Eat healthy and have regular eye and vision exams to keep your sight and body healthy!

Add these foods to your diet for good eye health:

- Green, leafy veggies, such as spinach, broccoli and kale
- Bright yellow and red foods like tomatoes, peppers, egg yolks and mangos - for lutein and zealthanthin
- Omega-3 fatty acids such as salmon, tuna or mackerel
- Grapefruit, brussel sprouts, strawberries, papaya, oranges and green peppers - top sources of Vitamin C
- Sunflower seeds, wheat germ oil, almonds, pecans and vegetable oils for Vitamin E
- Turkey, oysters, crab, eggs, peanuts and whole grains for zinc

Learn more at www.oregonoptometry.org

Oregon Optometric Physicians Association
Who has a significantly higher risk for developing eye diseases?

Hint: one of the most serious complications of this disease is blindness.

Hint: Adults with less than a high school education are 2x more likely to have this disease.

Hint: Nearly 300,000 Oregonians over 12 have this disease; more than 1 million are at risk.

Answer: Diabetes

OOAPA recommends contacting an Optometric Physician as soon as possible if you experience any of these symptoms:

- Sudden blurred or double vision
- Eye pain or pressure
- Noticeable aura or dark ring around lights or illuminated objects
- Visible dark spots in vision or images of flashing lights

Learn more at www.oregonoptometry.org

Doctors of Optometry “co-manage” diabetes with a patient’s medical doctor for optimum physical and eye health to prevent blindness. People with pre-diabetes and diabetes should visit their eye doctors regularly because vision and eye health can change quickly with the presence of disease.