

College & Vision Care

Healthy eyes and vision play a crucial part in any College student's development.

Their eyes should be examined regularly, as many vision problems and eye diseases can be detected and treated when caught at an early stage. College readiness should look at all factors important in preparing everyone for a successful and productive time.

Important factors associated with successful learning in college is an individual's social and emotional health and their vision. We use all of our senses to learn but we should note that an uncorrected vision problem can be a barrier to success.

KNOW YOUR "O"

Various health care professionals offer vision care and their titles can be confusing:

Ophthalmologists are medical doctors who provide comprehensive eye care with medicine and surgery.

Optometrists provide primary vision care which includes the prescribing of prescriptions for eyewear. Some optometrists specialize in students' eye problems.

Opticians are specially trained to supply, prepare and dispense optical devices through the interpretation of prescriptions provided by Optometrists or Ophthalmologists.

THE IMPACT OF TV, TABLETS, CELL PHONES

College students are spending a great number of hours in front of electronic devices.

Some studies have shown that students spend on average between 8 to 10 hours a day in front of electronic devices such as phones, computers, tablets, and TVs.

The amount of blue light emitted from each of these devices could be problematic. Blue light can be uncomfortable, interfere with sleep, circadian rhythms, and the production of melatonin.





Taking periodic breaks from staring at screens would be a great start to ease some of the eye stress. Glasses are available with lenses with specific coatings that can protect eyes from blue light emitted from electronic devices. These glasses are available with and without prescription.

Additionally, other types of lenses are available to relieve eye strain due to spending time reading, doing close work and using handheld devices.

KEEP AN EYE OUT FOR ISSUES

Be alert for symptoms that may indicate the start of a visual problem:

- Red, itchy or watering eyes
- Sensitivity to light
- An eye that consistently turns in or out
- Squinting, rubbing the eyes, or excessive blinking
- Covering or closing one eye
- Visible frustration or grimacing
- Headaches.

These are some of the symptoms to look out for. If you or a colleague show any of these symptoms, it would be recommended to discuss them with an Eye Care Professional

SEE YOUR BEST, BE YOUR BEST

An eye exam and glasses or contact lenses, if required, are encouraged for young adults starting a new chapter in life as a college student.

These stylish items will protect your eyes and provide comfortable vision which can boost academic performance.

Ontario's Opticians are on the Frontline of Vision Care and urge you to protect your eyes for now and your healthy future.

