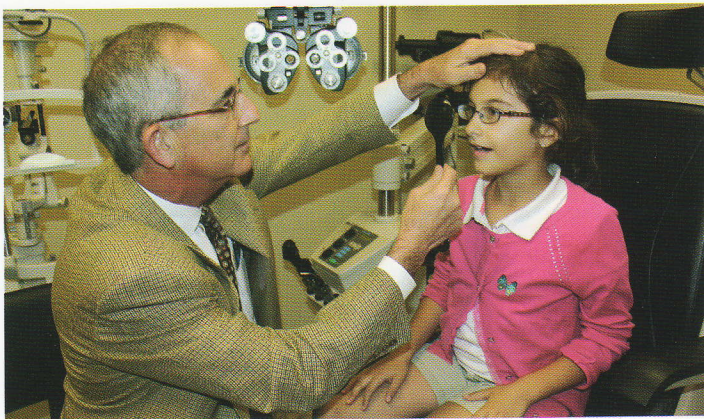


How Often Your Child's Eyesight Should Be Checked for Vision Problems?

"Eye exams should be a part of your child's routine medical care. Healthy eyes and good vision are critical parts of a child's development. Children's vision problems and eye diseases should be detected and treated early. Watch your child for evidence of poor vision or crossed eyes. If you notice any eye problems, have your child examined immediately so that the problem does not become permanent."

Dr. Lee Friedman, M.D.,
Pediatric Ophthalmology & Adult Strabismus Specialist

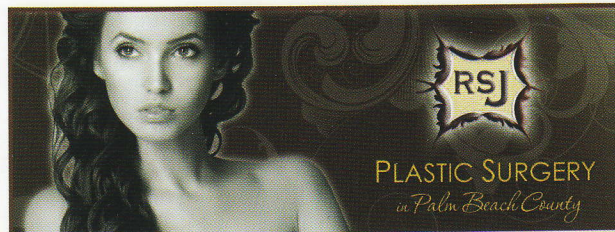


Children are examined for any rare congenital problems at birth and at each well-child examination by the primary care physician, who will check for problems that may not be apparent to be parent or child but that could have serious consequences for the child's vision.

When the child is old enough, the primary care physician will perform a more formal vision screening examination. If the parent or the child's doctor has any concerns, or if there is a family history of strabismus, amblyopia, or other eye conditions, the child should be referred to an ophthalmologist for evaluation.

- Newborns should be checked for general eye health by a pediatrician in the hospital nursery.
- High-risk newborns (including premature infants), those with a family history of eye problems, and those with obvious eye irregularities should be examined by an eye doctor.
- In the first year of life, all infants should be routinely screened for eye health during checkups with their pediatrician or family doctor.
- Around age 3 ½, kids should undergo eye health screenings and visual acuity tests (or tests that measure sharpness of vision) with their pediatrician or family doctor.
- Around age 5, kids should have their vision and eye alignment evaluated by their doctors. Those who fail either test should be examined by their pediatrician or family doctor.
- After age 5, further routine screenings should be done at school or the doctor's office, or after the appearance of symptoms such as squinting or frequent headaches. (Many times, a teacher will realize the child isn't seeing well in class.)
- Kids who wear prescription glasses or contacts should have annual checkups by an eye doctor to screen for vision changes.

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