

Eye Exam

PART 1. You depend on your eyes for all kinds of tasks—to do school work, stay connected with friends, stay safe on the road, perform your best in sports, music, extracurricular activities, video games, and more. But how much do you know about healthy vision? Take this quiz to find out by checking off T for True or F for False. After you review your answers in class, take the quiz home to see how much your parents know.

1. T F 20/20 vision means you have perfect vision.
2. T F An eye exam is unnecessary if you are not having problems with your vision.
3. T F Contact lenses may provide advantages over glasses in sports.
4. T F Nearsightedness means you have trouble seeing things near to you.
5. T F Sun damage to your eyes is irreversible.
6. T F Contact lenses can help provide a valuable extra level of protection from the sun's rays.
7. T F It is OK to wear contact lenses longer than your Eye Care Professional recommends.
8. T F Vision problems and visual discomfort make driving in the dark difficult and uncomfortable.



PART 2. Vision isn't just about how clearly you see. It also includes things like eye movement, focus, visual memory, eye-hand coordination, peripheral vision, and how you respond to things you see. Think about how you use your eyes when in a car. Think about how your vision comes into play in sports. In many sports, vision skills drive the athlete's performance—from knowing when to swing the bat to catching a ball to knowing where the opponent is, etc.

Think about the visual skills listed below. How do they play a part in the sports activities you participate in?

Peripheral Vision

(the part of vision that occurs outside the very center of gaze)

Visual Concentration

(the ability to screen out distractions and stay focused on the ball or the target)

Visual Reaction Time

(the speed with which your brain interprets and reacts to your opponent's action, such as at the plate in baseball)

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Check out www.Acuvue.ca for a certificate for a FREE* trial pair of contact lenses.

*Professional exam and fitting fees not included. Valid only while supplies last.

Make Eye Contact

PART 1. Whether you're doing a class presentation, staring down an opponent in sports, meeting someone new, or greeting a potential employer at a job interview, making eye contact can have a big impact. Think about a situation in your life when eye contact comes into play. What's the situation and how do you feel? How do you think making eye contact with confidence affects people's perceptions of you and the way you feel about yourself?

Vision Correction Options



Glasses and contact lenses are both options for vision correction prescribed by an Eye Care Professional. Some of the benefits of contacts are comfort, clear vision, and convenience. Because the lens sits on the eye, contacts allow more freedom of movement, good peripheral or side vision, and less distortion than glasses. Some contacts have UV protection to give you added help with keeping your eyes safe in the sun. (This is in addition to sunglasses and a hat!) And a recent study showed that, compared to glasses, contact lens wear significantly improves how children and teens feel about their appearance and participation in activities such as social situations and sports.

Are You Ready for Contacts?



You can probably answer this yourself. Are you responsible? Is personal hygiene a priority for you? If so, then you're probably ready. Age is a factor, but not the only one—it depends more on responsibility and attitude than age. Your Eye Care Professional will help you and your parents determine if contact lenses are right for you.

Contact Options



There are lots of contact lens options available to correct different vision issues. Your Eye Care Professional will help you decide which one is best for you. Some lenses, like ACUVUE® OASYS® Brand Contact Lenses, are replaced every two weeks. Daily disposable lenses such as 1-DAY ACUVUE® MOIST® Brand Contact Lenses are worn for a day, then tossed away. You can find out more about these contacts at www.Acuvue.ca, where you can also get a certificate for a FREE* trial pair of lenses.

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PART 2. How well do you take care of your eyes and vision? Things you do every day like using desktop and hand-held computers and mobile phones can cause eye strain, blurred vision, or irritated or dry eyes. Take this quiz to find out how insightful you are when it comes to the effect of technology on your vision. Check the answer that best describes you.

1. Do you blink more or less often when looking at a computer screen?
 more less
2. When working at your computer, do you work for long periods of time with few interruptions or do you take breaks?
 I tend to work for long periods of time.
 I take frequent breaks.
3. When working at a computer, are you facing a window, to the side of a window, or is the window directly behind you?
 facing a window
 to the side of a window
 window directly behind

Want to learn more? Go to www.acuvue.com/computerquiz with your parents to take a quiz.

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Important information for contact lens wearers: ACUVUE® Brand Contact Lenses are available by prescription only for vision correction. An Eye Care Professional will determine whether contact lenses are right for you. Although rare, serious eye problems can develop while wearing contact lenses. To help avoid these problems, follow the wear and replacement schedule and the lens care instructions provided by your Eye Care Professional. Do not wear contact lenses if you have an eye infection, or experience eye discomfort, excessive tearing, vision changes, redness, or other eye problems. If one of these conditions occurs, contact your Eye Care Professional immediately. For more information on proper wear, care, and safety, talk to your Eye Care Professional and ask for a Patient Instruction Guide, call 1-800-667-5099, or visit www.Acuvue.ca.

Stay Eye Safe

PART 1. Think about all the things you do in one day. If your eyes are open, then they're working. List three things that you do to keep your eyes healthy so they keep working for you. If you wear eyeglasses or contact lenses, what do you do to take care of them?

This chart includes steps that you can take to help protect your eyes and promote healthy vision.

TOPIC	HEALTHY HABITS
Overall Eye Health	<ul style="list-style-type: none"> • Get an eye exam at least once every two years, or more frequently if your Eye Care Professional recommends it. • Don't ignore vision or eye problems such as blurred vision, eye strain, or discomfort—tell your Eye Care Professional. • Eat healthy foods. Researchers have linked nutrients such as lutein/zeaxanthin, vitamin C, vitamin E, and zinc found in foods like fruits and vegetables to reducing the risk of certain eye diseases. (See the nutrition link at www.opto.ca/openyoureyes.) • Follow good computer practices—take breaks from looking at the screen, remember to blink, reduce glare, control the lighting, and position the monitor correctly.
UV Rays	<ul style="list-style-type: none"> • Minimize UV exposure to your eyes. Wear good quality UV-blocking sunglasses and a wide-brimmed hat when in the sun. • If you wear contacts, ask your Eye Care Professional about UV-blocking⁺ contacts for added protection.
Playing Sports	<ul style="list-style-type: none"> • Wear protective eyewear when playing sports. It is estimated that 90 percent of eye injuries could be prevented simply by wearing proper helmets and goggles. • Water can harbor microorganisms that can lead to severe infection, vision loss, or blindness. If your contacts come into contact with water, such as when swimming, discard them afterwards and replace them with a new pair. Ask your Eye Care Professional for recommendations about wearing your contacts during any activity involving water.
Contact Lenses	<ul style="list-style-type: none"> • Replace contact lenses according to your Eye Care Professional's prescribed replacement plan. • Don't wear contacts for longer than directed. This is known as "stretching" and may cause eye irritation and infection. • Always wash and dry your hands before putting in or removing contacts. • Follow your Eye Care Professional's instructions on how to properly clean contact lenses and how often to replace contact lens cases. • Don't use tap water to clean contacts. • Never share contacts. • It is recommended to insert contacts before putting on eye makeup, and to take them out after removing eye makeup. • Check out www.Acuminder.ca to get free reminders about when to replace contact lenses, buy new ones, and schedule eye exams.



PART 2. Working with your team, create a teen-oriented public awareness campaign on eye safety, focusing on one of the four topics covered in the chart. Create a poster, pamphlet, text message, or some other visual communication to spread the word about healthy vision. If you wear contact lenses, consider a campaign on how to raise awareness about the importance of proper wear and care for contacts. You can go to www.Acuvue.ca and www.Youtube.com/Acuvue for help—including videos on how to properly insert and remove lenses. Use this sheet to help you plan:

Topic: _____

Campaign format: _____

Main message: _____

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⁺Helps protect against transmission of harmful UV radiation to the cornea and into the eye.

****WARNING:** UV-absorbing contact lenses are NOT substitutes for protective UV-absorbing eyewear such as UV-absorbing goggles or sunglasses because they do not completely cover the eye and surrounding area. You should continue to use UV-absorbing eyewear as directed. NOTE: Long-term exposure to UV radiation is one of the risk factors associated with cataracts. Exposure is based on a number of factors such as environmental conditions (altitude, geography, cloud cover) and personal factors (extent and nature of outdoor activities). UV-Blocking contact lenses help provide protection against harmful UV radiation. However, clinical studies have not been done to demonstrate that wearing UV-Blocking contact lenses reduces the risk of developing cataracts or other eye disorders. Consult your eye care practitioner for more information.