

SEE WHAT COULD BE®

Student Health Education Program



A Look at Contact Lenses

Considering Contacts for Your Teen?

Deciding whether contact lenses are the right vision correction option for your teen can be a big decision. This booklet from ACUVUE® Brand Contact Lenses in partnership with curriculum specialist Young Minds Inspired (YMI) provides you with some information and things to think about when considering contacts. Talk to your eye doctor—he or she will help guide you in making the decision.

Benefits Beyond Vision Correction

Because the lens sits on the eye, contact lenses allow more freedom of movement, good peripheral or side vision, and less distortion than glasses.

The benefits of contact lenses extend far beyond just improved vision, however. Studies have shown that children who wear contacts feel better about their physical appearance, athletic ability, and social acceptance compared with kids who wear glasses. Contacts can even help to improve academic confidence, especially among children who

are unhappy with their glasses and may not regularly wear them at school or to study. In particular, girls show an improved sense of self-confidence and self-worth when they wear contacts instead of glasses.¹

Is My Child Ready for Contacts?

Age is one factor in determining whether a child is a good candidate for contacts, but not the only one. According to the *Children & Contact Lenses* study, a survey of 576 optometrists around the country conducted by the American Optometric Association Research and Information Center, nearly all (96%) respondents say that a child's interest and motivation to wear contact lenses is the most important factor to consider in fitting a child with contacts.



More than half of optometrists participating in the survey feel it is appropriate to introduce a child to soft contact lenses between the ages of 10-12. One in five (20 percent) say they begin prescribing contact lenses as the principal form of vision correction for children ages 10-12; nearly half (49 percent) prescribe contact lenses first for 13- to 14-year-

¹Walline JJ, Jones LA, Sinnott L, et al; the ACHIEVE Study Group. Randomized trial of the effect of contact lens wear on self-perception in children. *Optom Vis Sci* 2009;86(3).

olds, and two-thirds (66 percent) recommend contact lenses as the main form of vision correction for 15- to 17-year-olds.

You can view the Executive Summary of the survey at www.aoa.org/childrenandcontactlenses.

What Kind of Contact Lenses are Best for Your Teen?

The type of contact lens your eye doctor recommends will depend on your child's vision correction requirements. Disposable soft contact lenses (both the daily disposable and reusable varieties) are popular choices among teenagers. For example, 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 and get a certificate for a FREE* trial pair at www.Acuvue.com.

Wear and Care

Your child's compliance with their doctor's wear and care instructions is key for eye health, comfort, and vision performance. Children who opt for reusable lenses need to remember to be vigilant about discarding and replacing their lenses. In fact, changing contact lenses more frequently can help prevent the habit of "stretching" contact lenses beyond the replacement schedule prescribed by an eye care professional. To make things easier, you can sign up your teen for the ACUMINDER® Tool—a free reminder service that sends an email and/or cell phone text message on when to change contact lenses, and can also prompt wearers on when to schedule an eye exam. (See www.Acuminder.com.)

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

What to Ask the Doctor

You probably have a lot of questions for your doctor. To help you prepare for your visit, check out the sample questions at

www.Acuvue.com.

Parents of a child who currently wears glasses say...

50% THEIR CHILD WOULD RATHER BE WEARING CONTACT LENSES

42% THEIR CHILD DISLIKES WEARING GLASSES

41% THEIR CHILD DOES NOT ALWAYS WEAR THEIR GLASSES WHEN HE/SHE SHOULD

40% THEIR CHILD SOMETIMES FEELS SELF-CONSCIOUS WEARING GLASSES

Source: Fairfield Research; Survey of Good Housekeeping Reader Advisory Panel parents of vision-corrected children 8-17 years old. 8/09 (n=564)

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 doctor. 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 doctor immediately. For more information on proper wear, care, and safety, talk to your eye care professional and ask for a Patient Instruction Guide, call 1-800-843-2020, or visit www.Acuvue.com.

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