



Special Olympics

Health

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Special Olympics
Lions Clubs International
Opening Eyes®





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Why is eye health important?



Importance



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- Eyes are the most important sensory organ
- Eyes are responsible for perceiving what is around us
- They help us perform daily activities more efficiently



General Tips for Healthy Eyes



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- **Visit an Optometrist annually**
- Eat a healthy diet
 - Dark leafy greens carry nutrients beneficial for the eyes
- Wear sunglasses or eye protection when appropriate
- Avoid touching or rubbing your eyes





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Eye Health

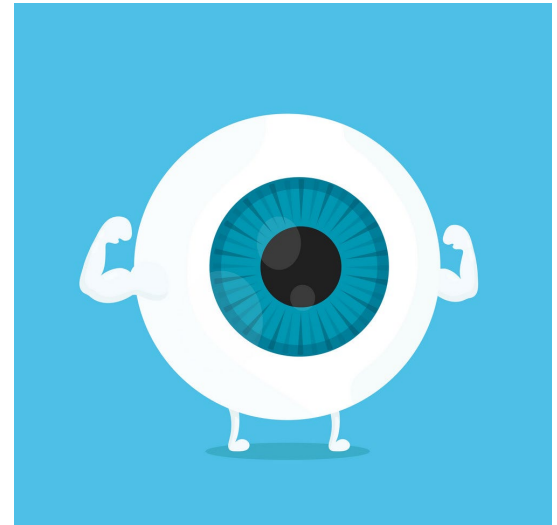


Screens and Eye Health



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- Long term exposure to screens is unhealthy for eyes
 - may lead to headaches and poor sleep
- Rest eyes by taking a break from the screen every 20 minutes to look at something 20 feet away
(National Eye Institute)
- Avoid screens 1 hour before bed
(Cleveland Clinic)



The Sun and Your Eyes



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- Never look directly at the sun
- Wear sunglasses that block 99 to 100 percent of both UVA and UVB

(National Eye Institute)



Sports and Your Eyes



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- Protective eyewear can be helpful in sports to prevent eye injuries:
 - <https://www.nei.nih.gov/learn-about-eye-health/healthy-vision/sports-and-eye-safety-tips-parents-and-teachers>
- Wash your eyes with water or eyewash if you get dirt or sand particles in them





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How to Care for Your Glasses



Caring for your glasses



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- Store your glasses inside a hard case
- Use glasses-specific cleaner to gently wipe the lenses
 - Household glass cleaner could contain chemicals harmful for your eyes
- Place glasses with the lenses upward to avoid scratches



New Glasses?



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It is important that you understand when to use your glasses and what they should be used for.

Talk to your provider when you receive new glasses to discuss the options on the following slides.



When to wear your glasses?



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* Discuss with your health care professional *

- ***You received regular glasses:***

- You should wear them all day long.
- You should wear your glasses when you are looking at things that are far away such as TV, movies, driving. The glasses are to be removed for viewing things up close.
- You should wear your glasses for looking at close objects such as computer screens, books, papers while writing, or other activities within 1 meter or arm's length.

- ***You received sports glasses:***

- You need to wear them during sports training and competition for protection as well as helping you see better.

- **Special Considerations:**

- You need to wear your glasses all the time for protection because you use only one eye for seeing.

- ***If you received two pair of glasses:***

- You should wear the regular glasses for any time you are not involved in sports activities and wear the sports goggles while participating in sports.

- ***You have a large prescription:***

- To make you comfortable with your new glasses the power of the glasses was reduced. You may not be seeing 20/20. When you are comfortable wearing your glasses (possibly after several months) you should see your eye care professional to find out if the prescription should be changed.





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Test your knowledge
with this quiz for a
chance to win a
prize!



Sources



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- **Cleveland Clinic**

- “Put the Phone Away! 3 Reasons Why Looking at It Before Bed Is a Bad Habit.” *Cleveland Clinic*. Cleveland Clinic, April 2019. Web. 15 July 2020.
 - <https://health.clevelandclinic.org/put-the-phone-away-3-reasons-why-looking-at-it-before-bed-is-a-bad-habit/>

- **Mayo Clinic**

- “Protect your eyes from harmful light.” *Mayo Clinic Health System*. Mayo Clinic, 2017. Web. 15 July 2020.
 - <https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/protect-your-eyes-from-harmful-light>

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- “Keep Your Eyes Healthy.” *National Eye Institute*. National Institute of Health, May 2020, Web. 15 July 2020.
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