

OCTOBER 2020, OASISEYE SPECIALISTS

# Oasis EyeQ

*The Official Newsletter of OasisEye Specialists*

## EDITOR'S NOTE

**Greetings from OasisEye Specialists,**



Thank you for visiting our centre recently. We hope you had a welcoming and reassuring eye care experience.

As children grow and change from year to year, so do their eyes and vision. Your child's vision is essential to his success in school. When his vision suffers, chances are his schoolwork does too. A child who can see the 6/6 line on a visual acuity chart can still have vision problems as the visual skills needed for reading and learning are much more complex than identifying letters on a wall chart. Therefore, eye exams by your child's doctor are an important way to identify problems with your child's vision.

Young children often don't tell you they have problems with their vision; as they think that the way they see is how everyone else sees. However, as a parent, you might be able to tell something isn't right through their behaviour. Problems that are found early have a better chance of being treated successfully. In this issue, we will look at some subtle signs that might indicate an eye problem in children and when you should take them to see an ophthalmologist.

**Dr Vanitha Ratnalingam**

Consultant Ophthalmologist and Corneal Specialist  
OasisEye Specialists

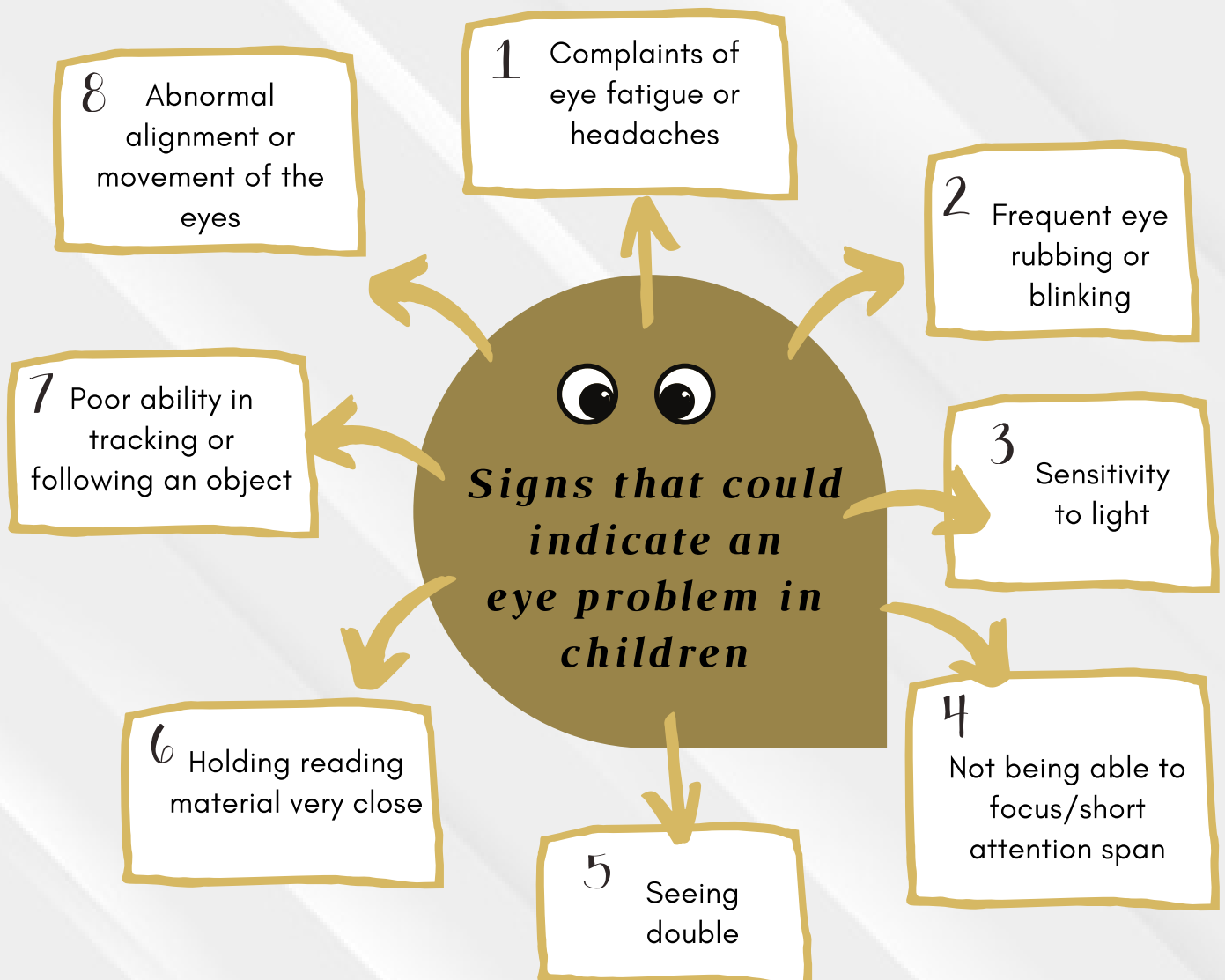


## YOUR CHILD'S VISION



## The difference between vision screening and a comprehensive eye exam.

A comprehensive eye exam diagnoses eye disease. Eye drops are used to dilate the pupil during the exam. This gives your ophthalmologist a better view inside the eyes. With dilation and other special testing, signs of eye disease are more evident.



**Did you  
know?**

**60%**

**of learning disabilities  
in children are due  
to visual problems.**

**Every child needs to have the following vision  
skills for effective reading and learning:**

**1**



**Visual Acuity**

The ability to see clearly in the distance for viewing the chalkboard, at an intermediate distance for the computer and up close for reading a book.

**Eye tracking**

The ability to keep the eyes on target when looking from one object to another, moving the eyes along a printed page or following a moving object like a thrown ball.



**2**

**3**



**Eye Focusing**

The ability to quickly and accurately maintain clear vision as the distance from objects change, such as when looking from the chalkboard to a paper on the desk and back. Eye focusing allows the child to easily maintain clear vision over time like when reading a book or writing a report.

**Eye teaming**

The ability to coordinate and use both eyes together when moving the eyes along a printed page, and to be able to judge distances and see depth for classwork and sports.



**4**

**5**

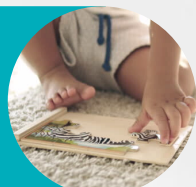


**Eye-hand coordination**

The ability to use visual information to monitor and direct the hands when drawing a picture or trying to hit a ball.

**Visual perception**

The ability to organize images on a printed page into letters, words and ideas and to understand and remember what is read.



**6**



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## Possible symptoms of learning disabilities due to vision problems include:

1



**Reading:** skipping words/lines, using a finger as a marker, mistaking words that look similar.

2



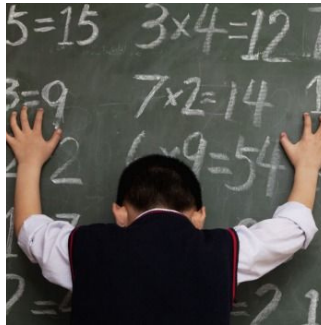
**Writing:** Difficulty copying from board or book to paper, poor spacing, difficulty with handwriting, reversing letters past age 8.

3



Difficulty with sight and spelling words.

4



Difficulty with math concepts.

5



Taking longer than average to complete homework.

## Other visual perceptual skills include:



**Recognition** — The ability to tell the difference between letters like "b" and "d".



**Comprehension** — "Picture" in the child's mind what is happening in a story he/she is reading.



**Retention** — Remember and recall details of what we read.



## Treatment

Special corrective lenses may improve some eye problems associated with learning disabilities. In many cases, doctor-supervised vision therapy can correct visual problems. Vision therapy might include viewing information through prisms, wearing a special eye patch, doing puzzles, practicing eye movements, or related exercises.

Over time, vision therapy can retrain the eyes to work more effectively with the brain. After a course of vision therapy, many children with learning disabilities experience less frustration with learning as well as improved academic performance.



## Upcoming Facebook Live Events

### Visual Impairment in Infants

Date: 9th October 2020

Time: 3:00pm

Guest Speaker: Dr Sunder Ramasamy  
(Paediatric Ophthalmologist & Squint Surgeon) & Mr Alvin Teoh (Parent of Child with Visually Impairment)

### Visual Rehabilitation in Stroke Patients

Date: 16th October 2020

Time: 2:30pm

Guest Speaker: Dr Kavitha Ratnalingam  
(Consultant Rehabilitation Physician) & Ms Melanie Yeah (Orthoptist)

**\*If you would like to unsubscribe from future newsletters please reply "Unsubscribe"**

**For more information, visit our website or videos by clicking the link below:**

**Myopia & Child Myopia :** <https://www.youtube.com/watch?v=9XbSNDDDiGM>

**Strabismus :** <https://www.youtube.com/watch?v=oECNLnenr88>

**Chalazion :** <https://www.youtube.com/watch?v=YazszmbeSRA>