

# FORESIGHT

## Dr. Gary A. Nelles



### Children's Vision



The Canadian Association of Optometrists recommends an eye examination for all children over 6 months old whether they are complaining about their vision or not.

About 80% of children are born farsighted. Farsightedness usually decreases as a child ages and typically normalizes to a negligible amount by the age of 8 years old. Most cases only require monitoring but for about 1 in 6 children, eyeglasses are required to properly correct their vision. Full time use of eyeglasses is indicated when a child is nearsighted, if they have a lazy eye or when they have a significant amount of farsightedness or astigmatism.

After the age of 8, the incidence of nearsightedness increases. Children and teens will have difficulty reading the blackboard, overheads and other distant objects when they are nearsighted. Frequent changes in their prescription for eyeglasses and contact lenses are needed since nearsightedness typically progresses throughout the teenage years and into their mid-twenties.

OHIP still covers eye examinations for children up to 19 years old so start being proactive about vision care for your children when they are only 6 months old. Do not assume that your child can see 20/20 without a thorough evaluation from an optometrist experienced in examining children of all ages.

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## New Patients Welcome