

WHAT'S UP WITH YOUR EYE? AN EYE-CATCHER FOR KIDS

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WHAT'S UP WITH YOUR EYE?

An eye-opener for children



Why you should not be afraid of
visiting the eye doctor.
(The eye doctor is a doctor who
takes care of the eyes).

Introducing...

Marie



Marie is 6 years old.
Marie suffers from shortsightedness and often feels tired. Together with her mother, she visits the eye doctor.

Amir



Amir is 8 years old. Amir has an appointment with the eye doctor too. Marie meets Amir in the waiting room. He has a patch on one eye.

Marie's mother



Marie's mother worries about her. That is why Marie is visiting the eye doctor.

Amir's father



Amir's father is proud that his son doesn't mind wearing his glasses and eye patch.

Peter



Eye doctor, also known as Ophthalmologist. He performs different tests to check the patient's eyesight

Betty and John



Orthoptists / Optometrists. They perform the initial tests which are then used by the eye doctor to see what is needed for Marie's and Amir's eyesight.

Marie is tired.



Marie has difficulty reading letters and numbers on the blackboard. When she is asked to write them down, she often gets confused and makes mistakes. Marie feels tired because her eyes do not work properly.

When Marie does her homework, she copies the mistakes and gets bad grades. This makes Marie sad and starting to hate school. Marie's mother thinks watching TV will help her relax. But Marie cannot see all the details and therefore does not understand the full meaning of a TV show. Marie would rather play with her dolls and tell them how unhappy she is because she cannot see like the other children in her class.

At the doctor's



Marie's mother takes Marie to see the doctor. He has some funny pictures on his wall. When he asks Marie to sit down and explain what she sees, Marie immediately jumps up from her chair and approaches him because she can't see the pictures clearly. "Ah," he says to her mother, "Marie does have a problem with her eyesight"

At the ophthalmologist



Marie has to go see an ophthalmologist. She is a little scared, but when she enters the waiting room, she realises there are other children waiting too.

Just like at school. There is a boy who wears glasses. He also has a patch on one of his eyes.

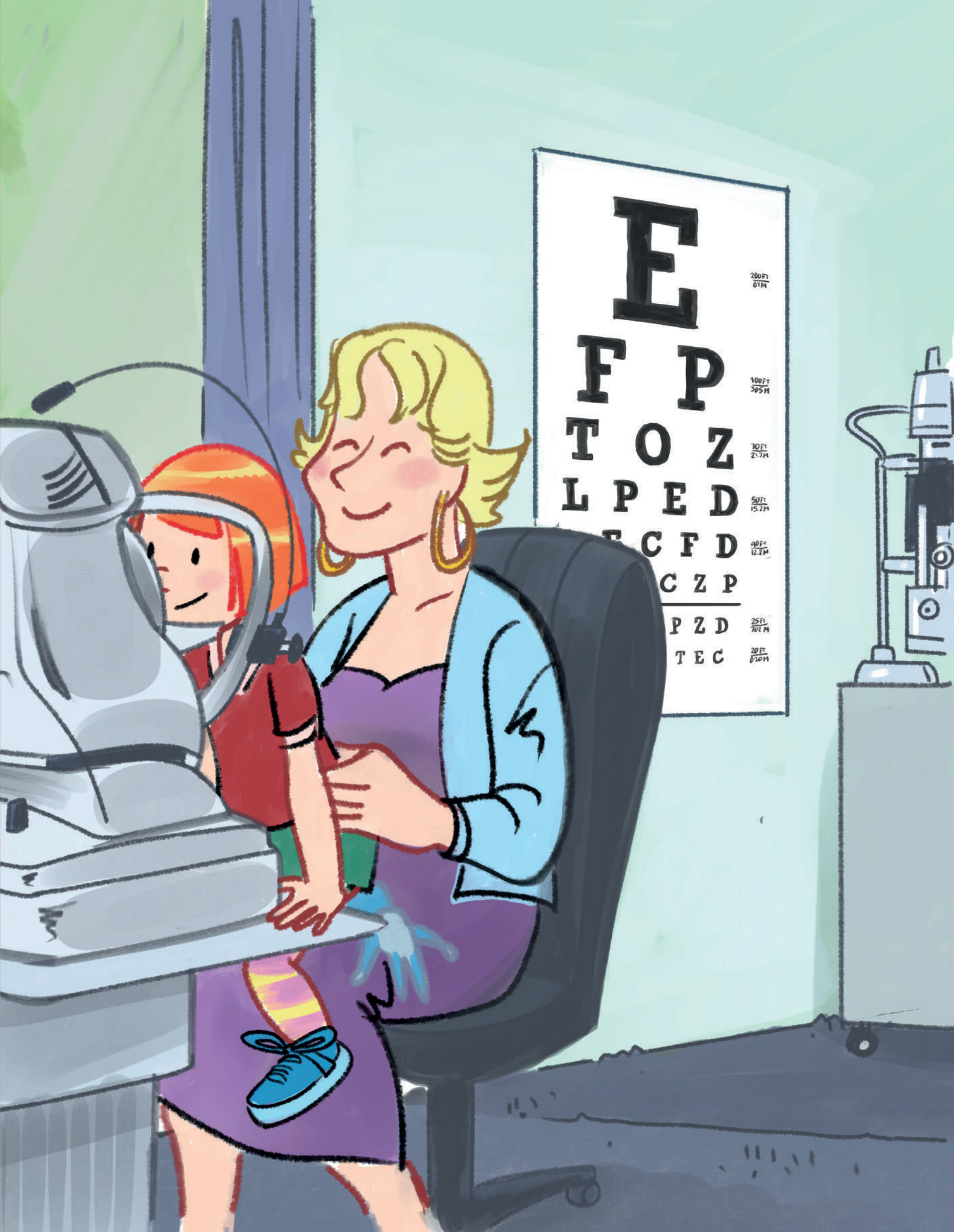
His name is Amir, and he says, "Look, I have a patch over one eye. You get to play all sorts of games when the doctor calls you," Amir says. "And they love playing with lights. You don't have to be afraid."

At the orthoptist / optometrist



Hi Marie," says the woman. "I am Betty, and I am an orthoptist." That's a difficult name! "Let's check what your eyes can see." She presses a button and Marie's chair goes up! "If you put your chin on the chin rest, you might see a picture."

Marie does as she's told and realises Betty's room is full of games. Marie suddenly feels very scared. Will she be able to play all these games or will she just get bad grades like at school?



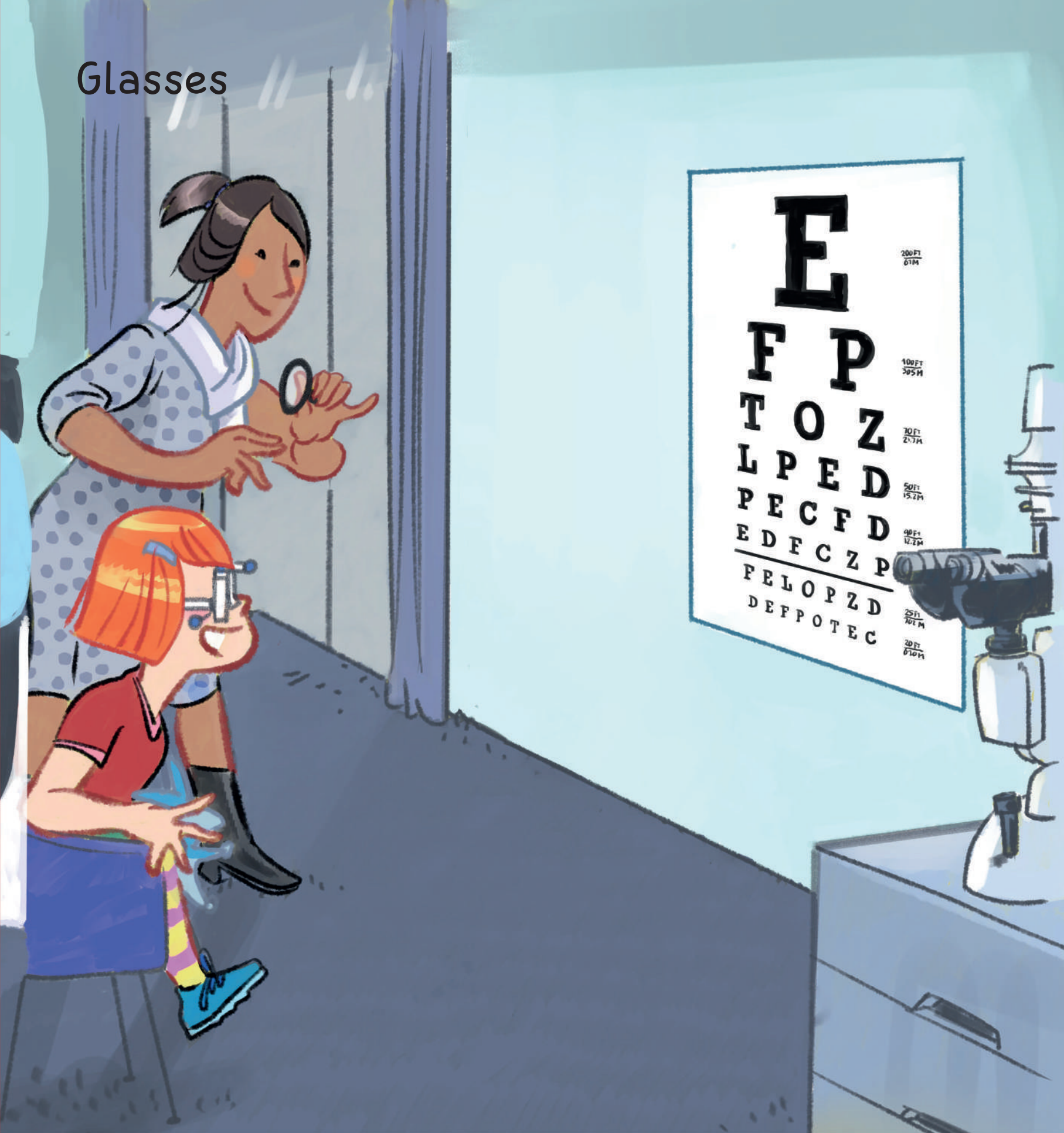
Visual acuity



Using the details the machine from the machine, Betty asks Marie to sit on a chair. Betty puts a funny glasses frame on Marie's nose and ears. She then places a black cover over one side of the frame and points to a card with large and small letters. "Are all the letters equally visible to you?" she asks.

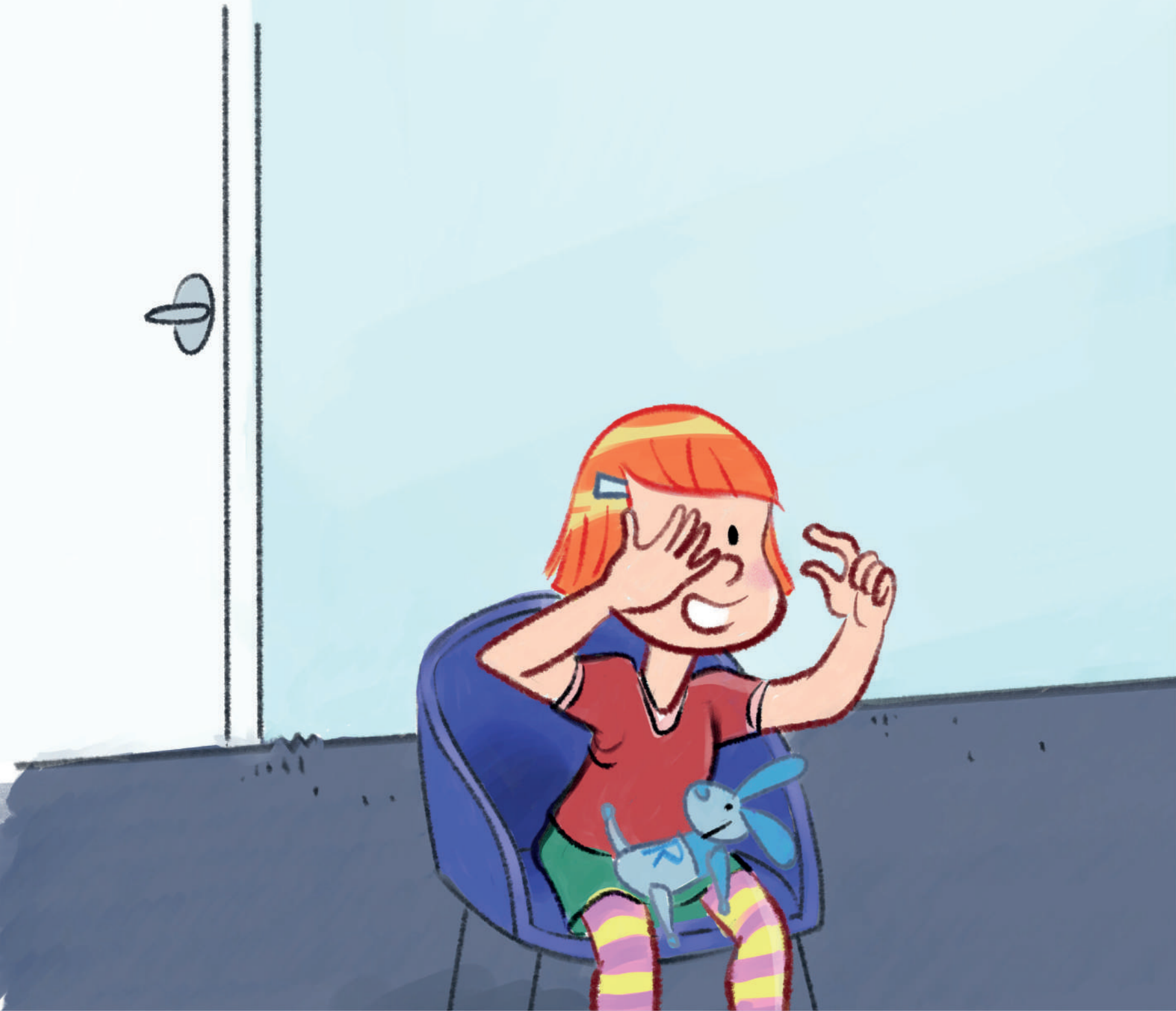
Betty asks Marie to say out loud what she can see. "It's no big deal if you're wrong," Betty says. "If you can't see the letter, just tell me." Marie sees a big E at the top, then a B, C, P, T and another E. Marie can't see all the letters clearly. Betty puts the black cover in front of Marie's other eye. Marie reads some letters out loud but only up to the P which is now blurry as well.

Glasses



Betty then looks at Marie's visual checks and gives her some glasses. Wow! Marie can read much better now. She is very excited and wants to tell Amir how well she could read with her glasses. Maybe she can get a nice eye patch too, just like him.

Lazy eyes



Marie asks Betty if she can also get a patch on one eye, just like Amir. Betty explains that some children have a "lazy eye". With a patch on the good eye, they see less well with the lazy eye.

The lazy eye has to become as good as the other eye. Therefore, they have to cover the good eye every day while playing, doing homework or playing computer games. This must be done for many years, sometimes even until the child is 8 or 10 years old! "Let's do some more tests before I decide," Betty says.



Stereovision



Betty uses a stereovision test to see if Marie's eyes work together properly. Marie is given some grey glasses. "Can you catch the fly?" Betty asks. "Yes, I can," Marie says, "and I can also see little monkeys!" Marie's depth perception (3D) is amazing!

Hide and seek



"We will now play hide and seek," says Betty. Betty has a small flashlight and asks Marie to look at the light. She covers Marie's right eye and then her left. This is done several times. "Can you follow the light without moving your head?" Marie tries very hard. Will it touch her nose? She watches it carefully, it stops just in time. "Very good," says Betty, "you don't have to wear an eye patch."

"Now, before we give you your glasses, we have to put some drops in your eyes. But first, we are going to the eye doctor to do some more fun tests."

Eye pressure



The name of the eye doctor is Peter. He explains what he is going to measure. Peter will check the pressure in Marie's eyes. He further explains: "Your eyes are filled with water. This is called chamber water."

It is different from tear fluid, which lies on the front of the eye. You can compare it to the air in a bicycle tyre. The tyre needs enough air to work properly, but not too much or it will be damaged. The same happens to the eye. It needs to be filled with enough water, but not too much, or it will be damaged."

It doesn't hurt

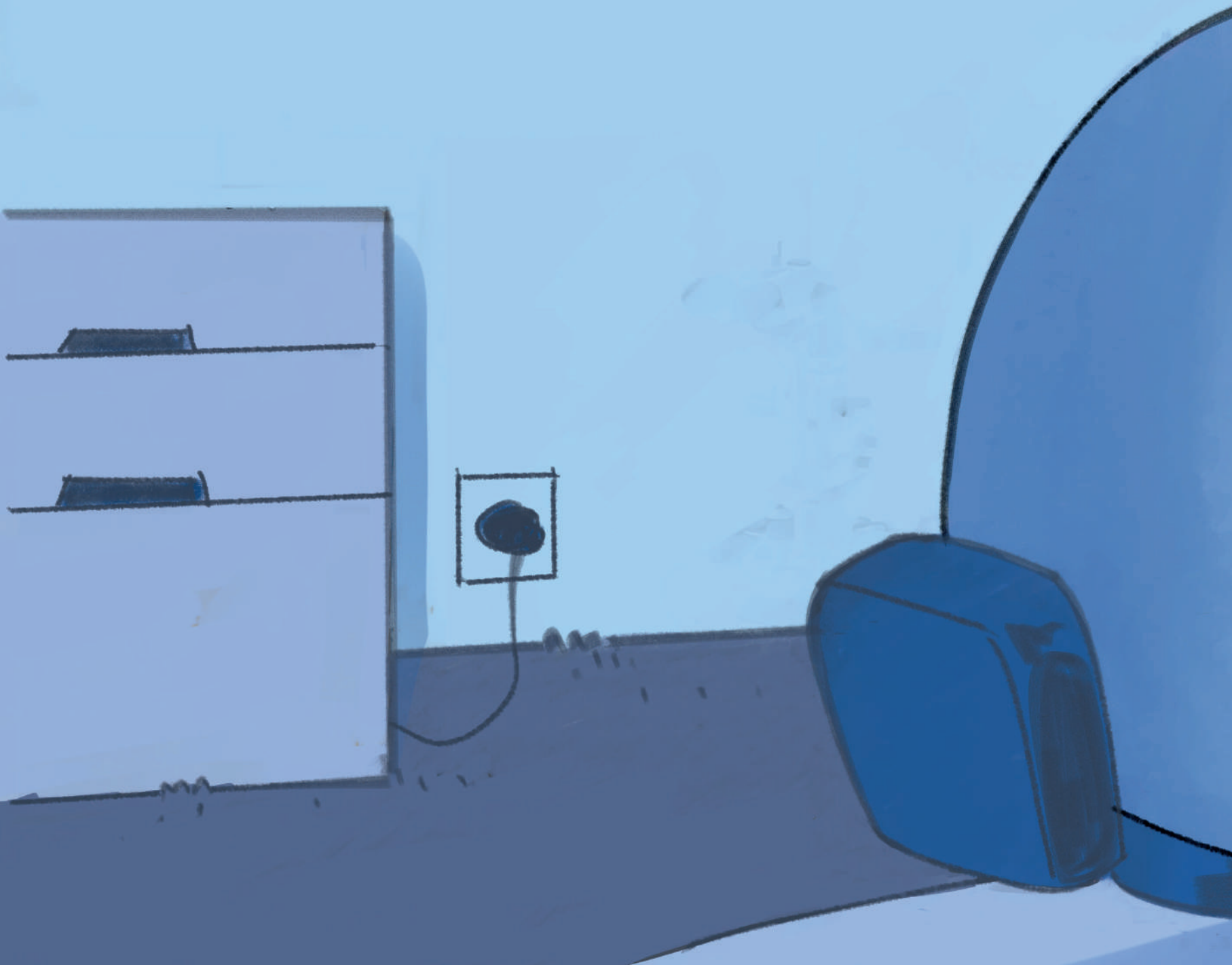


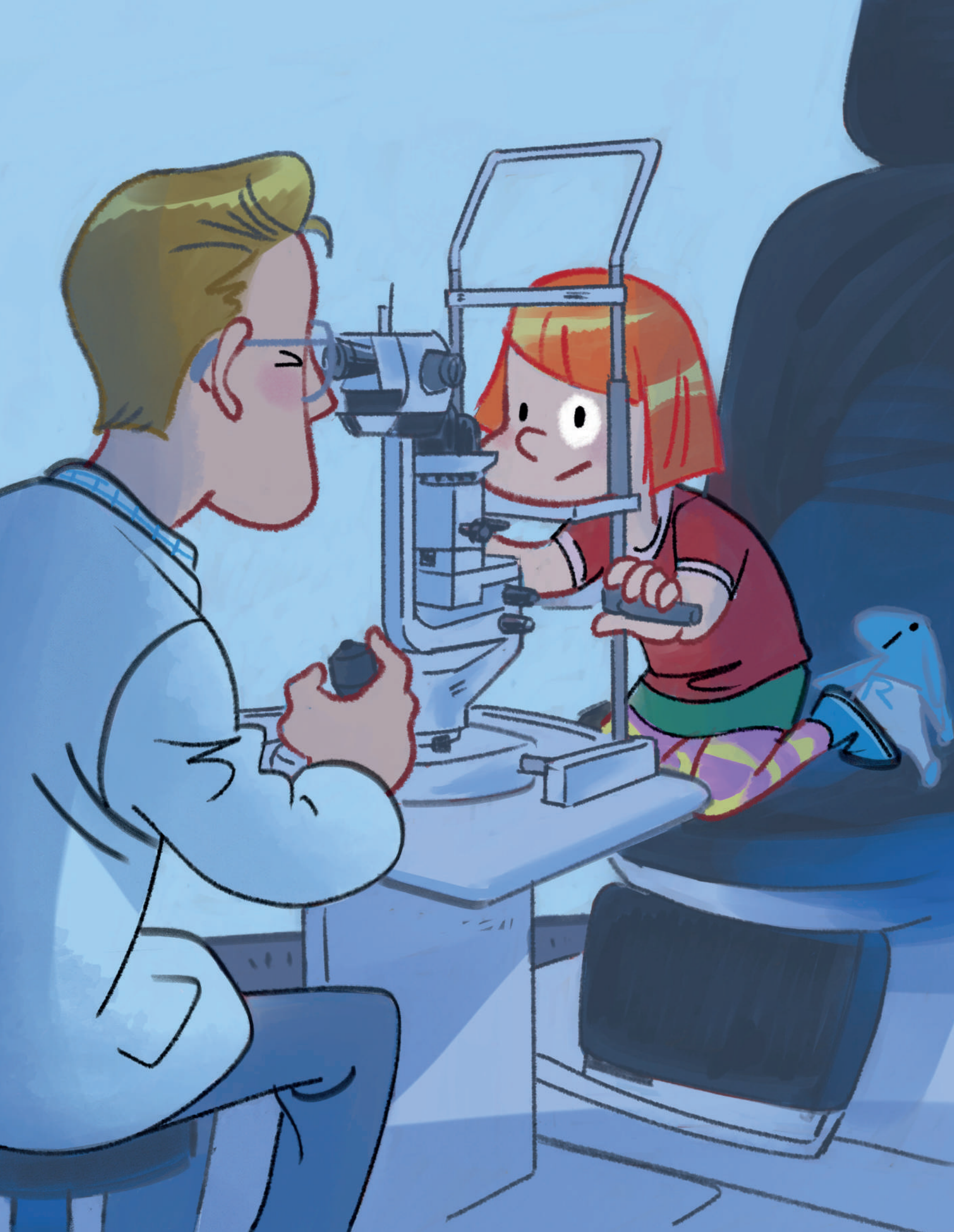
Peter holds an instrument in front of Marie's face. Peter tells her why he does that. "This device measures the pressure in your eyes. Maybe it's not right and that's why you're so tired. It won't hurt, it's just a little itchy. The test was done very quickly. "Well done," Peter says. "Your eyes have the correct pressure. Let's take a closer look at your eyes with the next machine."

Slit lamp

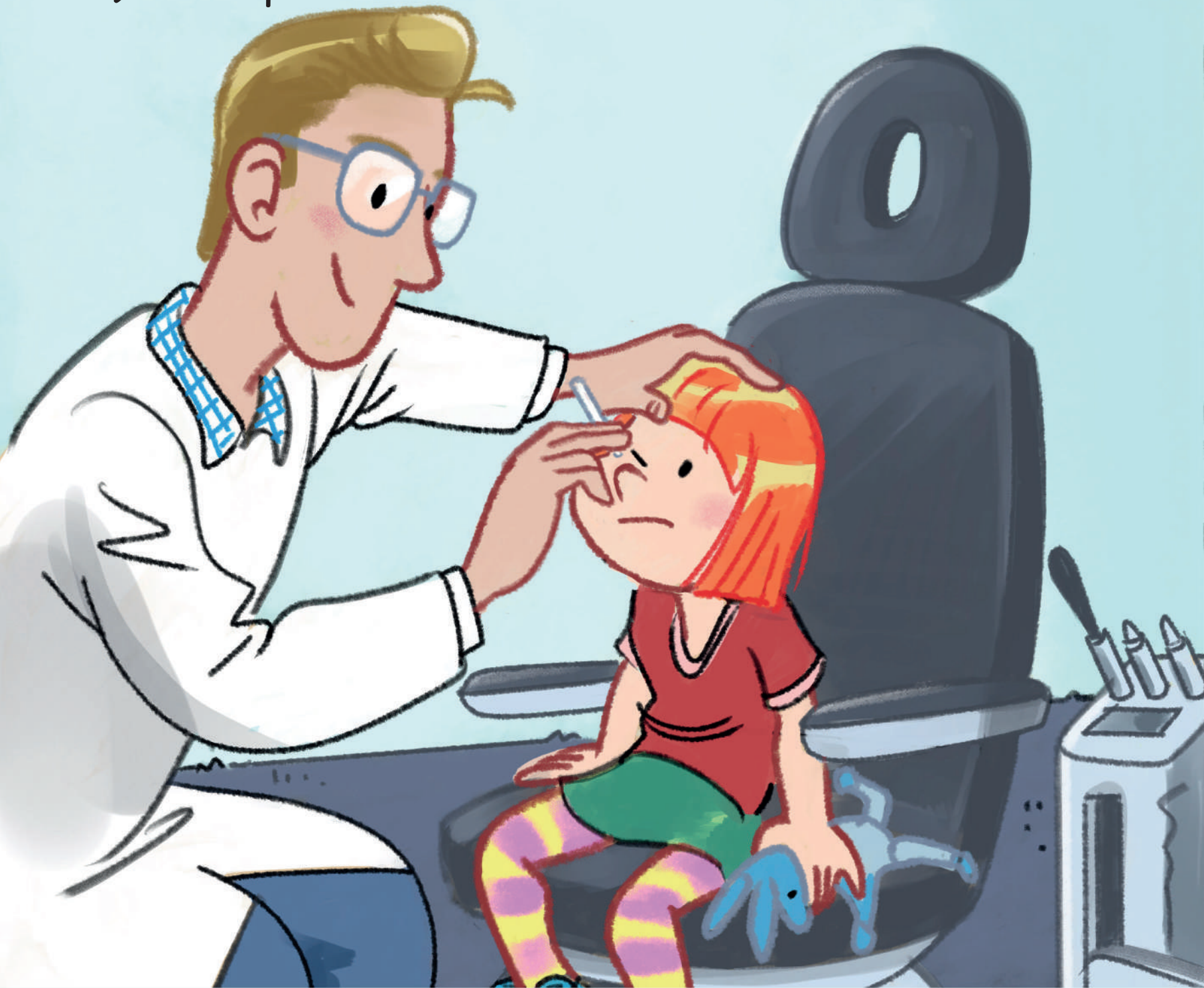
A slit lamp produces a large beam of light. Together with a microscope, this enlarges the pupils of the eyes so the eye doctor can examine them properly. "I will now dim the lights," Peter says. Marie cannot reach the chin rest of the slit lamp. "Make yourself comfortable and get on your knees in the big chair. I will dim the lights. Can you now put your chin on the chin rest?" Peter can now examine Marie's eyes very closely.

Both eyes are very beautiful and perfect. "We will now take a kind of photograph of your eyes," says Peter. Peter asks Marie to open her eyes wide. The light is a little annoying, but it doesn't hurt. Marie looks through the lamp at the side of Peter's head, towards his ear. "It's time for your eye drops," Peter says.





Eye drops



Children's eyes can see well at a distance and focus quickly when looking at something close by. This is called accommodation. The eye drops stop the eyes accommodating for a short time, to make sure that the measurements for the strength of the glasses is correct.

"It's like swimming underwater with your eyes open. When you feel the drops, you can blink a few times but it's better not to cry. Can you try to be very brave?" says Peter. A moment later it's done. Marie is relieved. "It only stung for a moment!" Now they have to wait for half an hour so Marie hopes Amir will still be there so she can tell him what happened.

Waiting room



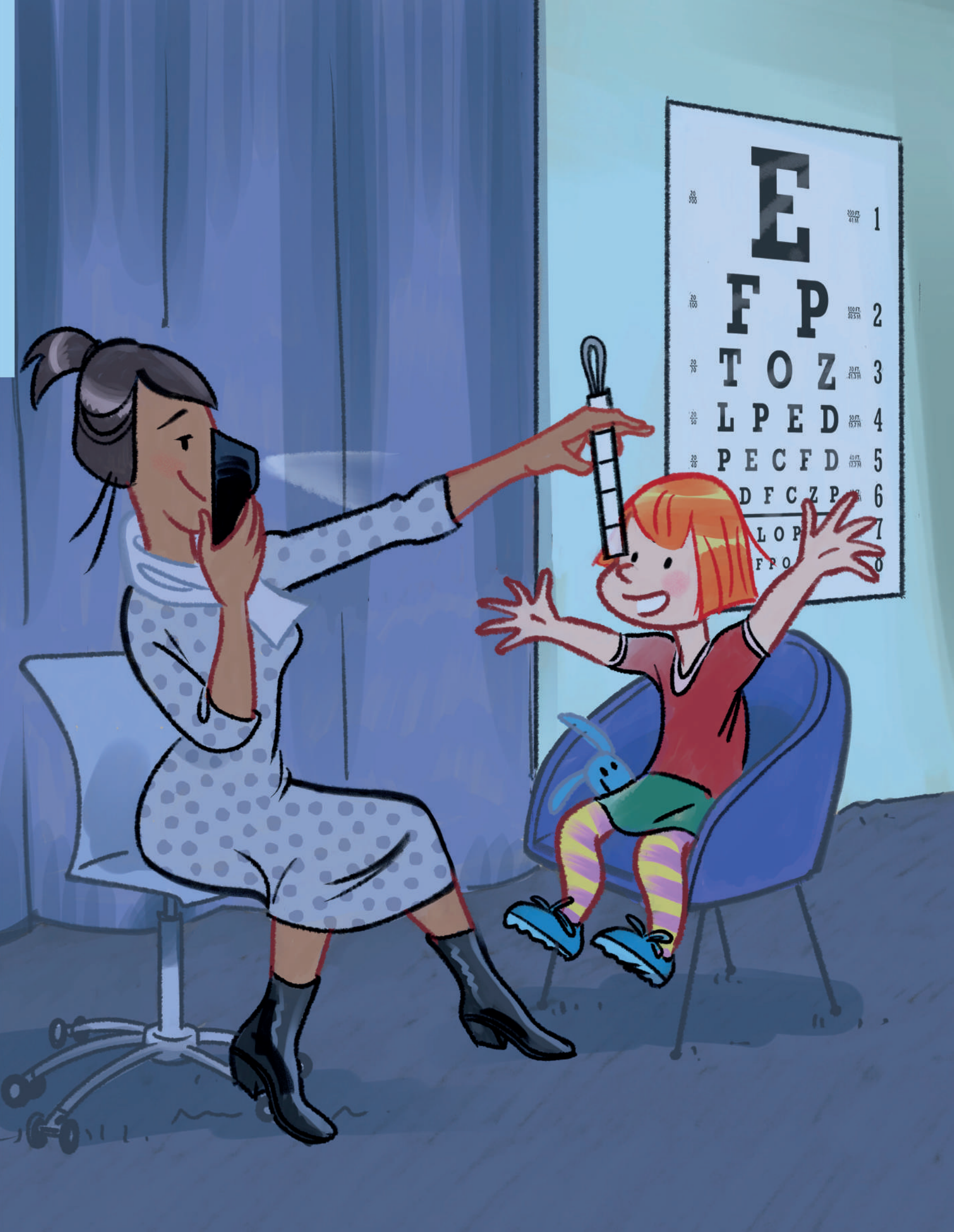
Yes!!! Amir is still there. "Hi Amir, did you see the fly's wings coming towards you? It's exciting don't you think?" "I did see the fly," says Amir, "but it didn't fly away." Amir's father explains that he has a "lazy eye". But John, the orthoptist who looked at Amir, said that he was progressing very well and that it won't affect him when he is older.

Back at the orthoptist / optometrist

Now that the drops are working, Betty calls Marie back in to check the strength of her glasses. She dims the lights and waits for Marie to see a little better. She makes Marie look at a lamp. Meanwhile, she holds a pair of glasses in front of her eyes.

"First we were looking at the sun, now it's like the moon and the stars!" she says. "Do you see the twinkling stars in the light? Peter will now examine the inside of your eyes."





20 300	E	1
20 100	F P	2
20 70	T O Z	3
20 50	L P E D	4
20 40	P E C F D	5
	D F C Z P	6
	L O P	7
	F P O	8

Back at the ophthalmologist



Marie has to wait while Peter examines Amir. Before long, Amir and his father are ready to go home. They are both very happy because Amir's eyes have improved. However, he will need glasses and continue to wear his eye patch for the time being.

The fundus examination



It's Marie's turn to go back to the eye doctor, who wants to check the back of Marie's eyes using a device called a retinoscope. The retina is a thin layer of tissue that lines the inside of the eye at the back. For this test, Peter turns off the lights again. The retinoscope has a bright light to see the inside of Marie's eyes. "Ah, the moon is back, but now a little witch with a broom is flying towards it." Peter jokes.

Playing outside



Peter explains that Marie has to wear glasses.

"She should wear them all the time." He also informs Marie and her mom about the 20-20-2 rule. "After 20 minutes of near vision you should take a break for 20 seconds. In addition, it is important to play outside for at least two hours every day and not to spend too much time on the computer or tablet to slow down the progression of myopia."

Marie is given a prescription for glasses to take to the optician. "Make sure it fits well on your nose and behind your ears. If you find a nice pair, jump around and run a bit to see if they don't slide off."

Party time!



Outside the doctor's office, Amir and his father are waiting for Marie. Amir walks up to Marie's mother and asks if Marie can come to his birthday party next week? "I'd love to see Marie's new glasses!!!"

Marie went to Amir's birthday party wearing beautiful blue glasses. She was very proud of her glasses and even prouder of her school results! She scored a 10 out of 10!



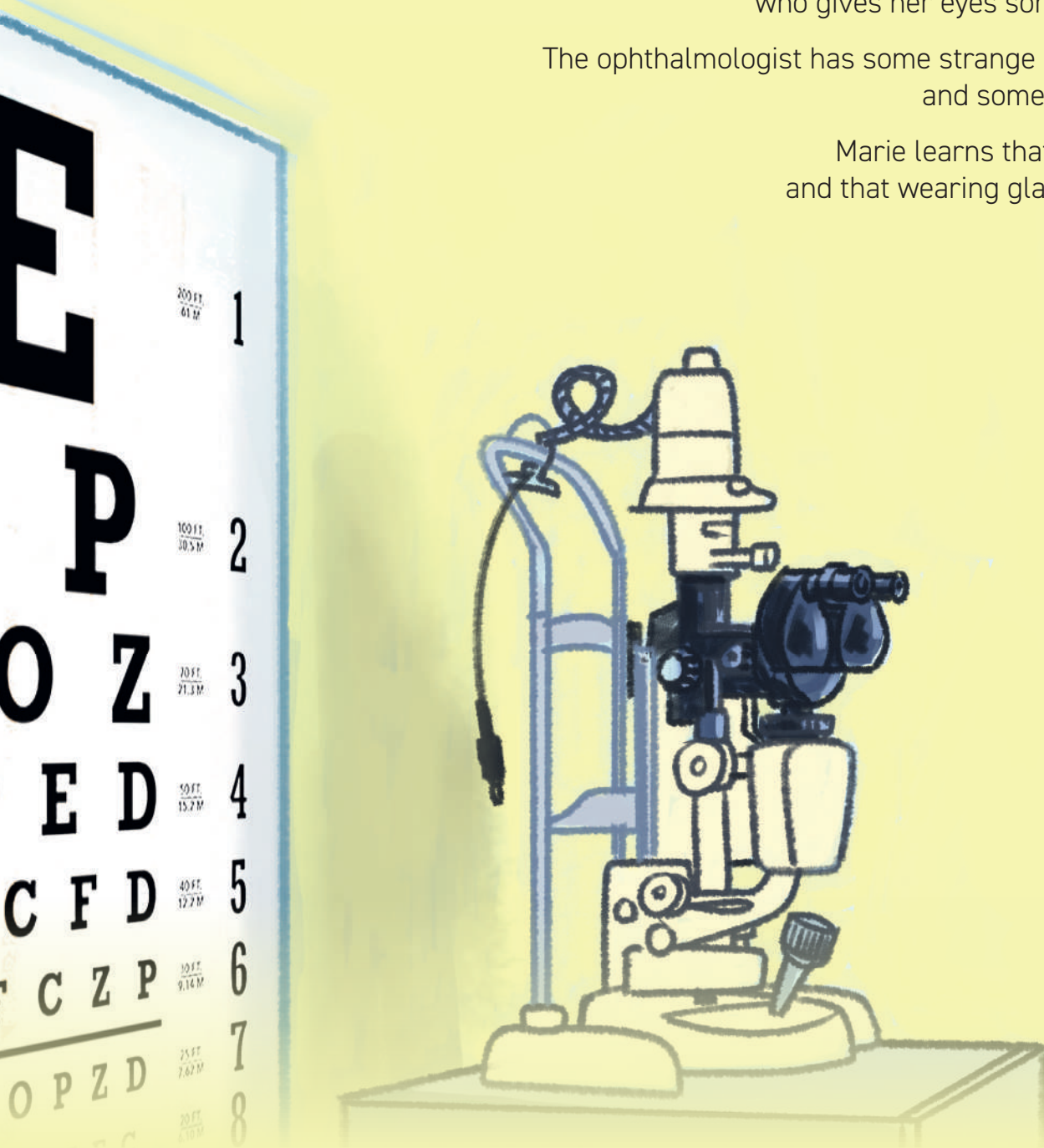


Marie has trouble reading. When she has finished her homework, she is often tired. That's why she doesn't do well in school. It could be because she has bad eyesight.

Together with her mother, Marie goes to the eye doctor who gives her eyes some tests. This surprises her.

The ophthalmologist has some strange equipment that looks funny, and some of the tests are like games!

Marie learns that you don't have to be afraid and that wearing glasses is not a problem at all.



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