

Grand Strand Vision Services

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APRIL IS WOMEN'S EYE HEALTH & SAFETY MONTH !!! This One is for the **GIRLS!!!**



Did you know the eye is the only place in the body where a doctor can have a clear view of our blood vessels, nerves and connective tissue?

APRIL 2024 NEWSLETTER

April is designated as Women's Eye Health and Safety Month by Prevent Blindness and the National Optometric Association, the nation's leading non-profit eye health organization to educate women about the steps they should take to make eye health a priority.

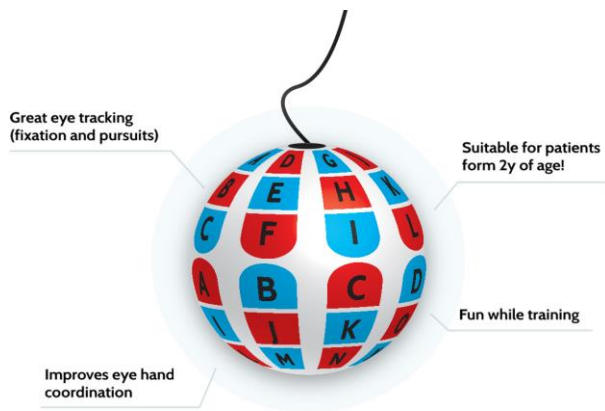
- ❖ **66%** of women experience **Blindness**
- ❖ **61%** of women experience **Cataracts**
- ❖ **65%** of women experience **Age-Related Macular Degeneration**
- ❖ An eye condition that women experience more than men is **CHRONIC DRY EYE** which can also be influenced by changes in hormones during pregnancy and menopause.
- ❖ **BUT....**women have a **Longer Life Expectancy!**
- ❖ For women especially, **Preventive Eye Care** is the key!

See reverse side for more....

What can you do???

1. **Stop Smoking**...smoking is linked to the cause of several eye diseases such as glaucoma and cataracts. It is also linked to retinal and vascular occlusions and may worsen diabetic retinopathy.
2. **Visit Your Eye Doctor**...be proactive by visiting the doctor to run the necessary tests needed to prevent eye and vision problems in the future. Your eye doctor detects early signs of different eye conditions by running tests and documenting yearly changes.
3. **Change Your Eye Makeup**...Your eye makeup contains bacteria that multiply over time and affects the eyes if used past its expiration date. Change your eye makeup or clean the applicators thoroughly every 3 months.

VISION THERAPY CORNER



A common tool used in Vision Therapy is the Marsden Ball.

The typical Marsden ball has **numbers or letters printed over its surface**. It has a string attachment point, and a good length of string, roughly 5 feet, attached to it. A Marsden Ball has letters printed on a red and blue background so that it can also be used binocularly.

Exercises can be performed with an **eye patch over the stronger eye** or **with red and green glasses**. If we use it with a patch we improve eye movement, tracking, and depth perception, while the use of filter glasses also helps improve binocularity. With the filter glasses, we split the image each eye receives so we force our brains to start using both eyes simultaneously.

“Leadership is the capacity to translate vision into reality.” ~W. Bennis