

ter. Making a child wear glasses regularly is the duty and responsibility of the parents.

Failure to wear glasses in childhood will retard the development of vision in that eye.

Children older than 15 years can use contact lenses if they don't want spectacles. Those over 18 to 20 years of age with stable power also have the option of LASIK, a laser refractive surgery apart from contact lenses.

Failure to correct the refractive errors and the eventual loss of vision may hamper the academic activities of the child. So an ophthalmic consultation is essential for children, for especially with symptoms of refractive errors.

Finally, nutrition deficiency is not related to refractive error. So loading these children with Vitamin A will not help them. Sometimes this may lead on to other complications.

**Help your child see the
world better. Wearing glasses
is not a stigma.**

<Your Contact Address>

<Your Website Address>

Refractive Errors in Children



<Your Hospital Name>

<Your Logo>

What are refractive errors?

In normal vision, light rays from an object focus on the retina (emmetropia). Alternatively, in the presence of a refractive error, the light rays get focused in front or behind the retina causing blurred vision. Under normal conditions, as the eye ball grows in size from infancy to adulthood, there will be a corresponding change in curvature of the cornea and the lens, enabling the eye to remain emmetropic, at all ages.

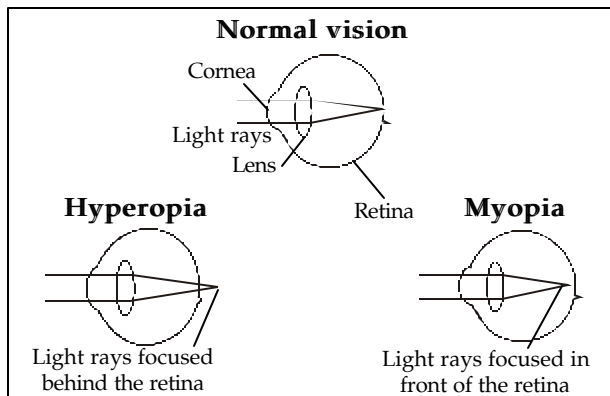
When one of these fails to happen, refractive error occurs:

- The eye ball being larger or smaller than the normal size
- The corneal curvature being flat or steeper than usual
- Increase or decrease in the power of the lens

These refractive errors can be classified as myopia (near sightedness) and hyperopia (far sightedness)

What is hyperopia?

In hyperopia or far sightedness, the light rays from an object form an image behind the retina.



Children with hyperopia

- Find difficulty in reading, writing and looking at nearby objects
- Eye strain while trying to read for long hours
- May have squint (crossed eyes)

What is myopia?

In myopia or near sightedness, the light rays from an object form an image in front of the retina.

Children with myopia

- Have defective vision for distance and clear vision for near
- Shrink their eyes while trying to see distant objects
- Hold books close to their face while reading

Children with the above conditions may also have

- Pain, watering or burning sensation in the eyes, rub their eyes constantly or blink frequently, because of the eye strain which they experience all the time
- Headache in the forehead region intensified in the evening
- Recurrent swelling in the eye lids

Treatment

Correction using spectacle is the best option available. Though children may initially refuse to accept glasses, they will become fond of them once they realise they can see better with them on.

The power of the glasses may change depending on the growth of the eye ball. An eye checkup and change of glasses if necessary, has to be done once in 6 months for children under 5 years of age and once a year thereafter.