

## Pediatric Optical Services at the Moran Eye Center

The opticians at the Moran Eye Center specialize in hard-to-fit patients such as preemies, toddlers and school-age children. With more than 120 years of combined experience, our opticians will work with you and your child to select a pair of eyeglasses that will benefit your family's lifestyle.

### Selecting A Pair of Eyeglasses For Your Child

- Most lenses today are made of plastic or Polycarbonate materials, which are 25% thinner, lighter and stronger than other lenses. Polycarbonate lenses come with UV protection from the sun's harmful rays and are impact resistant, so safety is also taken into consideration. It is a good idea to get a scratch resistant coating on plastic or polycarbonate lenses because children can be rough with eyeglasses.
- Frames come in many shapes and sizes, so it is important to pick a frame that is best for your child.
- Factors to take into consideration when selecting a frame include facial features, age and activities. Other factors are the prescription itself.
- Often a strong prescription requires thicker lenses, which can limit your choice of frames.
- We also offer children's prescription sunglasses, sport, safety glasses, and swim goggles.
- Ask about the quality and expected life time of the frame and if there is a frame guarantee.

*We offer discounts to most insurance members including Select Heath, Blue Cross Blue Shield – Value Care, Altius, PEHP*

# 11 convenient locations throughout the Wasatch Front

#### \* Moran Eye Center at the University of Utah

65 Mario Capecchi Drive, Salt Lake City, UT 84132  
801-581-2352 • Toll-free 1-877-248-6374

#### \* Farmington Health Center

165 North University Avenue  
Farmington, UT 84025  
801-213-3405

#### Moran Eye Center at Primary Children's Medical Center

100 N Mario Capecchi Dr.  
Salt Lake City, UT 84132  
801-581-2352  
Toll-free 1-877-248-6374

#### \* Midvalley Health Center

243 East 6100 South  
Murray, UT 84107  
801-585-3937 (Dr. Appt)  
801-213-9520 (Optical)

#### \* Parkway Health Center

145 West University Parkway  
Orem, UT 84058  
801-234-8530

#### \* Redstone Health Center

1743 West Redstone Center  
Drive, Suite 115  
Park City, UT 84098  
435-658-9250

#### \* Redwood Health Center

1525 West 2100 South  
Salt Lake City, UT 84119  
801-213-9940

#### \* South Jordan Health Center

5126 W. Daybreak Parkway  
South Jordan, UT 84009  
801-213-5450

#### \* Stansbury Health Center

220 Millpond Road, #100  
Stansbury Park, UT 84074  
435-843-3040

#### \* Westridge Health Center

3730 West 4700 South  
West Valley City, UT 84118  
801-213-9240

#### \* Moran Eye Center at Primary Children's Riverton

3773 W. 12600 S.  
Suite #301  
Riverton, UT 84065  
801-581-2352 (Dr. Appt)  
801-285-1474 (Optical)

\* Features a Moran Eye  
Center optical location.

Moran Eye Center 

## Kid's Eye Sight:

What you need to know



visit us at:

[www.moraneyecenter.org](http://www.moraneyecenter.org)

# Eyeglasses and Children



People are often confused about the importance of eyeglasses for children. Some believe that if children wear eyeglasses when they are young, they won't need them later. Others think wearing eyeglasses as a child makes one dependent on them later. Neither is true.

Children need glasses because they are genetically nearsighted, farsighted, astigmatic, or amblyopic. These conditions do not go away nor do they get worse because they are not corrected. Eyeglasses or contact lenses are not necessary throughout life for good vision.

**Nearsightedness** is where distant objects appear blurry, typically this begins between the ages of eight and fifteen, but can start earlier. **Farsightedness** is actually normal in young children and not a problem as long as it is a mild amount. If a child is too farsighted, vision is blurry or the eyes cross when looking at objects at close range. This is usually

apparent around the age of two. Almost everyone has some amount of **astigmatism**, a condition where the cornea is oval instead of a round shape. Eyeglasses are required only if the astigmatism is strong.

## Warning Signs of a Vision Problem

- Squinting one or both eyes
- Frequent rubbing or blinking of the eyes
- Short attention span or daydreaming
- Poor reading
- Avoiding close work
- Frequent headaches
- Covering one eye
- Tilting the head when reading
- Poor eye-hand coordination skills
- Misjudging distances
- Poor depth perception
- Failing a screening test
- Tearing
- Redness
- Excessive eye pain
- Misalignment of the eyes
- Poor vision in dim light

## What is Amblyopia?

Amblyopia is poor vision in an eye that did not develop normal sight during early childhood. It is sometimes called “lazy eye.” When one eye develops good vision while the other does not, the eye with poorer vision is called amblyopic. This condition is common, affecting approximately one in 30 people. The best time to correct amblyopia is during infancy or early childhood.

Amblyopia has three major causes: **Strabismus** is one form of amblyopia where the eyes are misaligned or crossed. **Unequal focus** is when one eye is out of focus because it is more nearsighted, farsighted, or astigmatic than the other. The unfocused eye “turns off” and becomes amblyopic. **Cloudy vision** can occur with a cataract (usually in one eye) at birth. The cataract is removed and special contact lenses are required.

*The Moran Eye Center optical locations specializes in eyewear for preemies, infants, toddlers and school-age children. (Larger selection at University and Riverton optical locations.)*



## Did You Know?

- More than 80 percent of everything we learn is a result of visual processing
- Twenty percent of children entering kindergarten have undetected vision conditions
- The percentage of children with vision problems increases to 25 percent by age 10 and to more than 30 percent by age 15
- Your child may be one of the students entering school with a significant vision problem
- Four percent of children have amblyopia (lazy eye)
- Nearly 30 percent of children in special education classes have vision problems
- More than 60 percent of those enrolled in adult literacy programs have vision problems
- Vision problems in children can limit career opportunities as an adult, if not managed appropriately