

I am:

- Nearsighted
- Farsighted
- Astigmatic

I should use these glasses

- All the time
- For distance only
- For reading only
- Whenever I feel like I need help seeing things

The lenses in these glasses are made with Polycarbonate, which are suggested for all children to protect their eyes from harm.

The glasses made and dispensed from the Vision Care program are produced under the guidance of a NYS Licensed optician.

East Vision Care program
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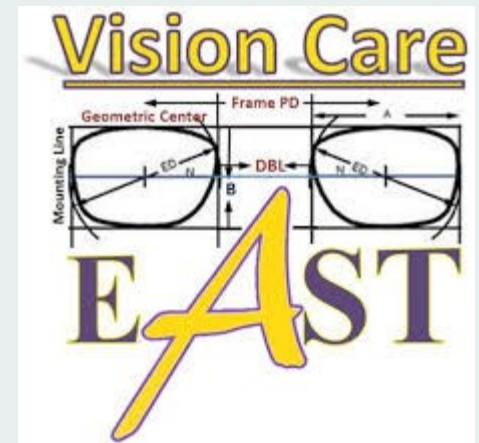
HOW DID YOU GET MY PRESCRIPTION?

When you sat down in the doctors chair they used a machine, called a phoropter (fo-rop-ter) to find the prescription that is right for your eyes. You told the doctor what looked right and what didn't and the doctor then was able to figure out an eye glass prescription that would help you see up close or far away, or both!

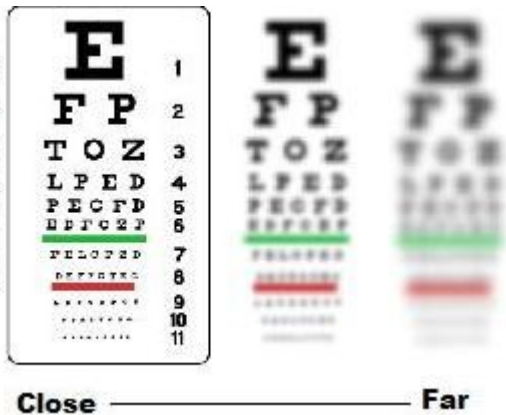
Now that we know the prescription, students in the East Vision Care Program are able to use those numbers to make you a pair of glasses to fix your vision and help you see! The glasses that you received from us were made by high school students and dispensed by a licensed optician. These glasses are made specifically for you, so please take care of them!

Replacement pairs are \$5 - not to cover the cost of the glasses, but to help you remember that they cost money to make!

East High Vision Care



What does my prescription mean?



I'M NEARSIGHTED

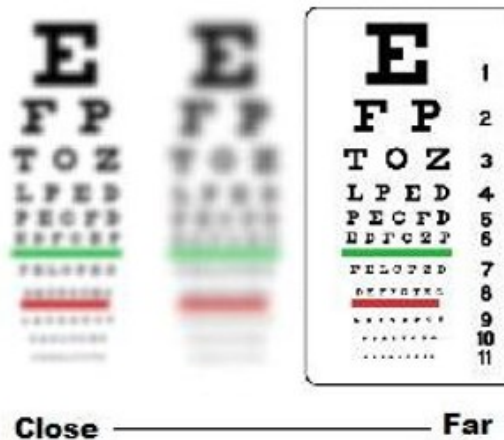
Many people have trouble seeing things far away. These people are called *nearsighted* because they can see things close up easily, but not the far away things. This is called Myopia (*my-Opee-a*)

Myopia: if you have myopia then you will use your glasses for seeing things far away (distance). Examples of when to use your glasses is when you're taking notes on the smartboard, watching videos in class, reading small words from a distance, or even playing sports.

I'M FARSIGHTED

Some people have problems seeing things close up. These people are called *farsighted* because they can see things that are far away easily, but can't see objects close up as well. This is called Hyperopia (*Hi-per-Opee-a*)

Hyperopia: you will usually use your glasses for reading, taking a test or anything within arms length. You will probably not need to use your glasses if you're reading the board, playing outside, or anything that is not within reading distance.



TYPES OF ASTIGMATISM

Some people also have astigmatism (*aa-stig-maa-tism*), which is when the surface of the eye has 2 different curves. These curves are called meridians (*mer-id-ee-ans*).

These eyes are still myopic or hyperopic, or both! A person with astigmatism usually sees blurry images, sometimes with double vision (seeing 2 of the same thing).

Myopic Astigmatism: This causes you to have poor distance vision in one meridian and usually worse distance vision in the other meridian

Mixed Astigmatism means you have both myopic AND hyperopic curves to your eye. You will have issues seeing up close AND far away!

Hyperopic Astigmatism: This causes you to have poor vision close up in one meridian and the other usually has even worse near vision!