

Eye doctors urge check up today for good health

If this sentence looks blurry or fuzzy, chances are it's been a long time since your last visit to the eye doctor.

Eye check up should be as routine as the yearly visit to the dentist.

That's the word from Farmington optometrists during Save Your Vision Week, sponsored by the Michigan Optometric Association.

Vision changes as a person grows from childhood towards old age. Those changes can be accommodated by an ophthalmologist or optometrist.

Children, especially, usually are unaware that they are seeing things differently than those with normal vision. Usually, children with poor vision will be found to be nearsighted or myopic.

Squinting, tearing, crusting of the eyes and eye lashes are among the symptoms a child with a vision problem will exhibit, according to Seymour Rosen, optometrist.

Crusting of the eyelids is caused by strain that weakens the eyes, making them more susceptible to bacteria, according to Rosen, of Farmington. Bumps and ays on the lids are signs of vision trouble in children.

If a child who enjoys reading develops problems in school or complains that his eyes hurt, he should see an eye specialist, according to Irving Adler, a Farmington Hills optometrist. There's a good chance that the child might be nearsighted.

Normal children usually are farsighted when they're born. As they become older, vision becomes more nearsighted. Some children remain farsighted and have difficulty seeing things up close. Others become too nearsighted and have trouble distinguishing objects that are far away.

Nearsightedness usually develops during the first 25 years of life, according to optometrists.

"A lot of these things are caught in school," said Adler. "Once a child is 7 or 8 and can't see the board, he probably is developing nearsightedness. By the time they're 10 years old, it's progressing. If it progresses too much, then he may need contacts," Adler said.

CONTACT lenses retard the progress of myopia. Unlike contacts, a pair of glasses will only correct the child's vision because contacts become part of the eye, according to Adler.

"Glasses create a different optical system," he explained.

Muscle coordination is another problem which can afflict young eyes, according to the optometrists.

Children's eyes wander and turn in when they're about 2 years old, according to Adler. By the time a child is 3, the eyes should be retaining a normal position.

"If the parents see that the eyes are



Eye care is another essential to good health. Unfortunately, many persons forget this fact and neglect their eyes. Eye doctors urge you

take advantage of vision week and see an optometrist. (Staff photo by Harry Mauthe)

Saeed speaks to lab experts

Dr. Sheikh M. Saeed, 3608 Congress, Farmington, has been named to a team of the nation's leading medical laboratory experts that will conduct more than 150 educational workshops and seminars. They will be conducted during the joint spring meeting of the American Society of Clinical Pathologists and the College of American Pathologists, March 16-23 in Dallas, Texas.

He will join the volunteer faculty contributing time, knowledge and expertise to instruct an estimated 3,500 medical laboratory personnel. The meeting will present the latest developments in the practice of laboratory medicine for the betterment of patient care.

The program will include a special symposium on Legionnaires disease, a day long workshop in alcoholism, a seminar on diseases of the female breast and the presentation of 33 scientific papers.

Saeed is on the staff of the Division of Laboratory Hematology at Henry Ford Hospital, Detroit.

turning in and out, they should have those eyes checked," Adler advised.

As the child grows older, his eyes will age. Signs of age can show in eyes of 10-year-old children. By the time the child reaches his mid 40s, he will be faced with another health problem, cataracts.

"Everybody can get cataracts. It's part of the normal aging process," said Rosen. While most persons usually are confronted with the problem in their 60s, some develop the problem in their mid-40s.

"It's no cause for alarm," Rosen said. "Good vision can be restored." Cataract lenses once were very thick and offered poor side vision, according to Rosen. Improvements have been made which have resulted in thinner lenses and good side vision.

The condition can be caused by a

blow to the eye and extended exposure to ultra-violet light or intense heat, as well as age.

Cataracts are caused by hardening of the protein matter inside the lens capsule of the eye, causing it to lose its ability to transmit light.

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