

It is said the miraculous eye, approximately an inch in diameter, is the only organ connected directly to the brain and connects us with the wonderful world of sights, forms and color. A fiery sunset, a newborn baby's smile, the twinkle in a loved one's eye - all are precious sights. A survey shows Americans fear the loss of sight as one of the most dreaded health concerns.

Keep your eyes for a lifetime:

- ▶ Early detection of an eye problem can prevent unnecessary vision loss.
- ▶ Regular eye examinations are the best investment you can make.
- ▶ Strict adherence to medical treatment is vital. People 35 and older, or with a family history of eye disease, should have an eye exam at least every other year.

You can find an eye doctor by asking your personal physician, family and friends for a reference, or by calling your local or state medical society.

FRIENDS FOR SIGHT provides **FREE SCREENINGS** for Amblyopia, Glaucoma and Visual Acuity. **FREE SCREENINGS** can be arranged in your community. Call Friends for Sight at 524-2020.

FUNDED BY
**GEORGE S. AND
DOLORES DORÉ ECCLES
FOUNDATION**

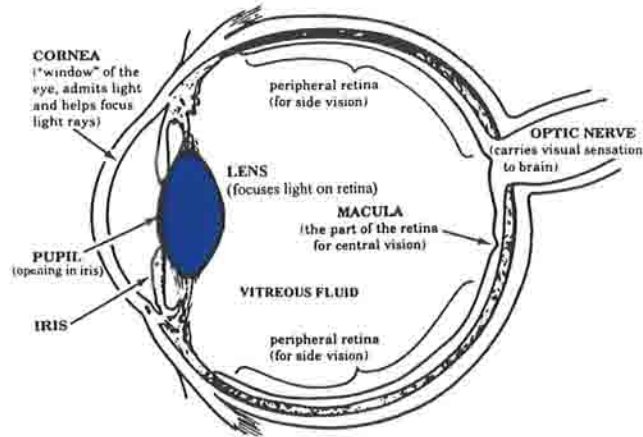


Your vision is our focus.

FRIENDS for SIGHT®

661 South 200 East
Salt Lake City, Utah 84111
801-524-2020 - www.for-sight.com

The Eye



CROSS SECTION OF THE EYE
Acknowledgement: National Eye Institute

and

How We See



Your vision is our focus.

THE MAGIC OF SIGHT

90% OF ALL EYE INJURIES CAN BE PREVENTED

Whatever you're doing your eyes are at stake! **TWO MILLION** Americans are visually impaired because of eye injuries. They happen everywhere - at home - at school - at sports. Nine of ten eye injuries need not happen. **TO KEEP YOUR EYES SAFE:**

WEAR SAFETY GLASSES OR GOGGLES IN THE HOUSE-YARD-WORKSHOP

- ▶ Mowing or weeding
- ▶ Chopping wood or using a chain saw
- ▶ Using pesticides, herbicides and fertilizers
- ▶ Using oven cleaners, drain cleaners, furniture cleaners, detergents, ammonia, bleaches, harsh chemicals
- ▶ Keep spray nozzles pointed away from face
 - ▶ Around dyes, solvents, paints, inks, varnishes, plaster dust, nails, screws
 - ▶ Super glue from your finger to an eye lid can do drastic, permanent damage
- ▶ A hard hit ball can travel up 150 mph. **WEAR SPECIAL EYE PROTECTION** in baseball, volleyball, basketball, tennis, racquetball, badminton and squash

▶ Keep sparks, flames and cigarettes away from batteries at all times. **WEAR EYE PROTECTION.**

Be sure your eye safety glasses meet the ANSI requirements. This standard specifies the thickness and impact resistance of the lens, and the fire and impact resistance of the frame. Buy frames with side pieces and poly-carbonate lenses. Prescription glasses can be made up with corrective lenses.

FIRST AID FOR EYE INJURIES SPECKS IN THE EYE

- DO** lift upper eyelid outward and down over the lower lid.
- DO** let tears wash out speck or particle.
- DO** keep eye closed, bandage lightly and see a doctor, if particle does not wash out.
- DO NOT** rub the eye.

BLOWS TO THE EYE

- DO** apply cold compresses immediately to reduce pain and swelling.
- DO** seek emergency medical help in cases of pain, reduced vision, or discoloration ("black eye"), which could mean internal damage to the eye.

CUTS - PUNCTURES OF EYE OR EYELID

- DO** bandage lightly and see a doctor at once.
- DO NOT** try to remove an object stuck in the eye.

CHEMICAL BURNS

Eye damage from chemical burns may be extremely serious, as from alkalis or caustic acids, or less severe, as from chemical irritants. In all cases of eye contact with chemicals:

- DO** keep eyelids open as widely as possible, and flood the eye with water immediately, continuously and gently for at least 15 minutes.
- DO NOT** use an eye cup.
- DO NOT** bandage the eye.
- DO** see a doctor.

SEEK COMPETENT MEDICAL HELP

DO NOT assume that any eye injury is innocent. When in doubt, seek competent medical help immediately.

We Check Sight....



One child at a time!

Check the Box Friends for Sight

By making a \$2 donation on your:

- ★ Driver License Renewal
- ★ Annual License Plate Renewal
- ★ and Vehicle Registration

....you help fund vision screening for children, high school students, and adults. Last year we reached 482,000 Utahns and helped save their sight.



Warning Signs of Eye Problems

IN CHILDREN - THE ABC'S APPEARANCE

- ▶ Crossed eyes
- ▶ Red-rimmed, encrusted or swollen eyelids
 - ▶ Inflamed or watery eyes
 - ▶ Recurring styes

BEHAVIOR

- ▶ Rubs eyes excessively
- ▶ Shuts or covers one eye, tilts head or thrusts head forward
- ▶ Has difficulty with reading or other close-up work
- ▶ Blinks more than usual or is irritable when doing close-up work
- ▶ Is unable to see distant things clearly
- ▶ Squints eyelids together or frowns

COMPLAINTS

- ▶ Eyes itch, burn or feel scratchy
 - ▶ Cannot see well
- ▶ Dizziness, headaches or nausea following close-up work
 - ▶ Blurred or double vision

If your child exhibits one or more of these signs of possible eye trouble, professional eye care should be sought. Utah Law requires children entering school to have an eye exam.

For a FREE VISION SCREENING call Friends For Sight at 524-2020.

A professional eye examination is recommended for every child - even if they do not display any signs of eye trouble - as early as three months, at six months, at nine months, for Amblyopia by age 3-1/2, and before entering school.

IN ADULTS

Any changes in the appearance of your eyes or vision should be investigated further. Some examples include:

- ▶ Particular trouble adjusting to dark rooms (as at movies)
- ▶ Difficulty focusing on near or distant objects
 - ▶ Squinting or blinking due to unusual sensitivity to light or glare
 - ▶ Change in color of iris
- ▶ Red-rimmed, encrusted or swollen eyelids
 - ▶ Inflamed or red eyes
- ▶ Recurrent pain in or around eyes
 - ▶ Double vision
- ▶ Dark spot at center of viewing
- ▶ Lines that appear distorted or wavy
- ▶ Excess tearing or "watery eyes"
- ▶ Dry eyes with itching or burning
- ▶ Seeing spots, ghost-like images

The following may be indications of potentially more serious problems:

- ▶ Sudden loss of vision in one eye
 - ▶ Hazy or blurred vision
- ▶ Flashes of light or showers of black spots
 - ▶ Halos or rainbows around light
- ▶ A curtain-like blotting out of vision
 - ▶ Loss of peripheral (side) vision

A comprehensive eye examination is advised for any of these signs of potential eye problems. Even in the absence of any such signs, periodic eye exams are recommended, especially for those with some chronic health conditions such as diabetes and high blood pressure or after age 35. Early detection and treatment can be the key to preventing needless loss of sight. For a FREE VISION SCREENING call Friends for Sight, at 524-2020.

YOUR SIGHT SAVING DOLLARS AT WORK

Screening future drivers



Screeener, Carol
Instructor, Larry



Ryan and Tom
They passed!

SAFE DRIVING TIPS

- ✓ Utah law requires you have at least 20/40 vision and peripheral fields (side vision) of 90 degrees in each eye to pass the vision test.
- ✓ Yield the right of way.
- ✓ If you wear eye glasses, be sure to wear them when you drive.
- ✓ Keep your windows clean and free of debris for maximum vision.
- ✓ Do not drive a vehicle if it has a broken window.
- ✓ Obey signs and signals.
- ✓ Keep your tires, brakes, and wipers in good working condition.
- ✓ Always signal when changing lanes or turning.
- ✓ Always yield to emergency vehicles.
- ✓ Listen for traffic you cannot see.
- ✓ Be Patient!

Check the Box Donate \$2 to...



FRIENDS for SIGHT®
661 South 200 East
Salt Lake City, Utah 84111
801-524-2020 - www.for-sight.com