

State University of New York
State College of Optometry
The University Optometric Center

VISION

FALL 2004

Back-To-School

PARENTS' HOMEWORK: VISION EXAM FOR YOUR CHILD

As parents begin the annual back-to-school trek for school supplies and new clothes, there is one important item that should be on the top of their list: scheduling a vision exam for their school-age children. Statistics show that only 14 percent of children have received a comprehensive eye exam before entering school. As a result, nearly 10 million children suffer from undetected vision problems—the number one barrier to learning, according to the National Parent Teacher Association.

“Good vision is essential for effective learning,” says Dr. Harold Friedman, Chief of the Learning Disabilities Unit at the University Optometric Center. “Unfortunately, almost one child in four has vision problems that are significant enough to affect academic performance. Sometimes children with vision problems are mislabeled as having learning difficulties or attention-deficit disorders or they

are assigned to special classes,” he added. Even parents and teachers can overlook the sometimes subtle symptoms of learning-related vision problems.

“Just because someone tells your child he has 20/20 vision, doesn’t mean he has perfect vision. The eye chart test does not measure how well a child can see at near distances, nor does it evaluate other visual skills necessary for learning such as depth

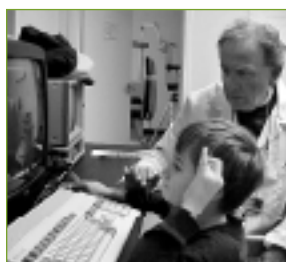


Dr. Susan Oh

perception, eye coordination or eye focusing,” said Dr. Friedman. The Learning Disabilities Unit specializes in working with youngsters and adults who have learning related vision problems. A team of optometrists and psychologists provide comprehensive evaluations which include visual motor, visual perceptual and neuropsychological testing.

This Unit within the University Optometric Center is unique in New York City. Many managed care insurance plans cover the services offered in the Learning Disabilities Unit with the exception of the educational testing. The University Optometric Center has received a generous grant from the Lavelle Fund for the Blind which will cover the cost of this testing for patients who qualify.

For more information about the Learning Disabilities Unit and the special grant that will pay for your child’s educational testing within the unit or to schedule a back-to-school eye exam for your child, call (212) 780-4950.



Dr. Friedman

Eye Drops May Delay or Prevent Glaucoma in African Americans

Recently scientists have found that daily pressure-lowering eye drops reduced the development of primary open-angle glaucoma in African Americans by almost 50 percent. This makes it more important to identify African Americans who are at higher risk for developing glaucoma so they can receive prompt medical treatment.

“This important scientific information is consistent with the way in which we have been caring for patients with glaucoma. That is, we assess the risk factors for each individual and tailor our treatment based upon sound science and extensive clinical experience,” said Dr. Mitchell Dul, Chief of Clinical Sciences and Director of the Glaucoma Institute. Primary open-angle glaucoma affects about 2.2 million Americans age 40 and over, half of whom are not aware that they have the disease. Vision loss from glaucoma occurs when the optic nerve is damaged.

In most cases, elevated eye pressure contributes to this damage. As the disease progresses, the field of vision gradually narrows and blindness can result. It is the leading cause of blindness in African Americans. People at higher risk of getting glaucoma are people with diabetes; those with a family history of glaucoma and African Americans over 50.

The Glaucoma Institute within the University Optometric Center is recognized internationally for excellence in patient care, research and clinical education.

Ask the Doctor



Dr. Marie Bodack
ASSISTANT CLINICAL PROFESSOR

Can computers affect my child's vision?

There are many statistics that suggest the increased amount of time children spend in front of the computer can result in a variety of eye problems. When children use a computer, they tend to sit for hours without breaks, which can increase eye strain. Ninety percent of school-aged children have computer access. Children who use a computer, even for short periods, may develop headaches, tearing or double vision. A study by the University of California at Berkeley found that 25–30% of school-aged children required corrective eyewear for computer use. Studies in Asia found that an increase in computer use in children may be responsible for an increase in the number of those needing glasses for distance.

What can I do to prevent these problems in my child?

Parents should ensure that children do not sit in front of the computer for hours at a time. A good rule of thumb is that the computer should be approximately 20 inches in front of the child and that the child should take a break every 20 minutes. Parents should also bring their children for a comprehensive eye examination to test distance and near vision, focusing ability and eye teaming ability.

What is amblyopia?

Amblyopia is a condition where one, or sometimes both eyes, do not develop normal vision even with glasses. This can develop because each eye has a different prescription or because one eye has an eye turn (strabismus). In many cases, the parent may be unaware that there is a vision problem. Amblyopia is the most common cause of visual impairment in childhood and affects three children out of 100.

What can I do if my child has amblyopia?

Because amblyopia is easier to treat the earlier it is detected, it is important to bring young children in for an eye examination. The American Optometric Association recommends that children have their first examination at 6 months, again at age 3, and before starting school.

If a child has amblyopia, in some cases, glasses alone may improve the vision. In other cases, the child will need to wear a patch and do eye therapy to help improve the vision. Amblyopia cannot be cured overnight so it is important that children follow the treatment recommended by the optometrist and follow up with the doctor to monitor their vision improvement.

To make an appointment for your child call (212) 780-4996

Important Phone Numbers

To Schedule an Appointment

(212) 780-4950

Adult Primary Care Service

(212) 780-4950/4952

Children With Special Needs

(212) 780-4996

Clinical Administration

(212) 780-4930

Contact Lens Unit

(212) 780-5030

Head Trauma / Rehabilitation Unit

(212) 780-4956

Homebound Vision Care Program

(212) 780-4930

Infant's Vision Unit

(212) 780-4996

Insurance Information

(212) 780-4078

Laser Eye Institute

(212) 780-0872

Learning Disabilities Unit

(212) 780-4990

Low Vision Service

(212) 780-4956

Ocular Disease & Special Testing

(212) 780-5020

Ophthalmic Dispensary (Glasses)

(212) 780-5929

Pediatric Vision Unit

(212) 780-4996

The Glaucoma Institute

(212) 780-5020

Vision Therapy Service

(212) 780-4960

Vision Rehabilitation Unit

(212) 780-4960



University Optometric Center



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Un Nuevo Estudio Indica Exceso de Enfermedades Oculares en Latinos

En los Estados Unidos, casi la mitad de los adultos hispanos/latinos que sufren de diabetes también tienen algún tipo de retinopatía diabética, una enfermedad degenerativa que afecta la visión. Además, casi el 10 por ciento de los hispanos/latinos que tomaron parte en el "Latino Eye Study" de los Angeles demostró tener degeneración macular infantil, una condición que puede resultar en la disminución de la visión central.

Este fué el estudio mas extenso hecho en los Estados Unidos sobre enfermedades oculares en el sector latino. Los investigadores descubrieron que participantes que habían sufrido de diabetes por mas de 15 años tenían tres veces mas la posibilidad de tener degeneración macular infantil. La frecuencia de degeneración macular entre los latinos es el doble de la de los americanos de origen africano.

El Dr. Richard Madonna, Jefe del Servicio de Enfermedades Oculares del Centro Optométrico Universitario, dijo que era "de suma importancia que latinos/hispanos se hagan un examen general con dilatación ocular por lo menos cada dos años, y por lo menos una vez al año los que tengan diabetes."

Participating Insurance Programs

- Aetna/ U.S. Health Care
- Affinity Health Plan
- Block Vision
- Centercare
- Community Premier Plus
- Cigna
- Davis Vision
- Empire Blue Cross/Shield
- Empire Plan
- Fidelis
- Guildnet
- GHI
- Healthnet
- Health First
- HIP of New York
- Medicaid
- Medicare
- Multiplan
- NVA
- Oxford
- United Healthcare
- Visiting Nurse Services
- VSP

If you do not see your plan listed, ask the operator when you call to schedule your appointment. Telephone: (212) 780-4950

Calendar of Events

OCTOBER

Monday, 4th | Iris Rosen, csw
Support group for survivors of traumatic brain injury and their loved ones

Thursday, 14th
FREE Vision Screening: 5-7PM

Thursday, 14th | Dr. Christine Javenes
LASIK: New personalized laser vision correction (zyoptix)

Monday, 18th | Jenny Warmflash, csw
Support group for individuals with visual impairments/low vision issues and their loved ones

Tuesday, 26th | Dr. Mitchell Dul
Don't lose sight from Diabetes

NOVEMBER

Monday, 1st | Iris Rosen, csw
Support group for survivors of traumatic brain injury and their loved ones

Wednesday, 3rd | Dr. Rodolfo Rodriguez
Diabetes y su vision

Thursday, 4th | Dr. Richard Madonna
Diabetic Retinopathy

Monday, 8th | Dr. Lloyd Haskes
Living with a diabetic child

Wednesday, 10th | Jenny Warmflash, csw
Coping with Diabetes

Monday, 15th | Jenny Warmflash, csw
Support group for individuals with visual impairments/low vision issues and their loved ones

Tuesday, 16th | Dr. Patricia Modica
Neurological complications of diabetes

Wednesday, 17th | Dr. Mitchell Dul
Don't lose sight from Diabetes

Thursday, 18th
FREE Vision Screening: 5-7PM

Friday, 19th | Esther Tursky, RN
Diabetes and your eyes

Monday, 22nd | Dr. Richard Madonna
Diabetic Retinopathy

Tuesday, 23rd | Dr. Christine Javenes
LASIK: New personalized laser vision correction (zyoptix)

DECEMBER

Wednesday, 1st | Jenny Warmflash, csw
Coping with Diabetes

Monday, 6th | Iris Rosen, csw
Support group for survivors of traumatic brain injury and their loved ones

Tuesday, 7th | Dr. Ida Chung/
Dr. Marilyn Vricella
Vision and Learning

Tuesday, 14th | Dr. Christine Javenes
LASIK: New personalized laser vision correction (zyoptix)

Thursday, 16th
FREE Vision Screening: 5-7PM

Monday, 20th | Jenny Warmflash, csw
Support group for individuals with visual impairments/low vision issues and their loved ones?

Join us for this series of free talks by our faculty experts. All talks begin at 12:15 PM

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33 West 42nd Street
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New York, NY 10036
(212) 780-4950

What's Inside...

- Back-to-School Check-Up
- Computers and Kids' Vision
- Eye Disease Increased in Hispanics

Remember to keep others in sight... With a gift to the SUNY College of Optometry's foundation, the Optometric Center of New York, you can support important research and clinical programs. You can also leave a gift in your will.

For additional information on how you can make a tax-deductible gift, call the Office of Institutional Advancement at (212) 780-5060

HOW TO GET TO THE UNIVERSITY OPTOMETRIC CENTER

33 West 42nd Street, New York, NY 10036 (between 5th and 6th Avenues)

SUBWAY: The IND line (B, D, Q, and F) stops across the street at 42nd St and 6th Ave. The Flushing line (7 train) stops at 42nd and 5th Ave. The IRT (1 and 9) stops one block west of the Times Square Station. The IRT (4, 5, and 6) stop two blocks east at Grand Central.

BUSES: MTA buses: M42 and M104 stop half a block away.

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Be sure to check out our
Calendar of Events

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