

## VISION MYTHBUSTERS

This month we're busting some commonly accepted 'truths' about vision...the ones your parents always shared about carrots, square eyes and going cross-eyed.

Growing up you were likely told a number of things about your vision which you believed to be true but may, in fact, actually not be accurate.

Next time you are about to tell your kids to eat their carrots, have a think about the myths below!

### MYTH 01. I have 20/20 vision, so my eyesight is fine.

False. Having 20/20 vision means seeing the 20 line on a test chart at 20 feet - it tells us nothing about close vision, eye teaming skills or your eye health. A person can have 20/20 eyesight, and yet have a visual problem which does not allow them to get meaning and understanding from what is seen. Vision problems can profoundly affect our lives: the ability to perform tasks, self-esteem, and interactions with others. 20/20 vision is only one small piece of the picture.

### MYTH 02. Computer use can damage your eyes.

According to research, computer use won't harm your eyes. However, when using a computer for long periods of time, the eyes blink less than normal (like they do when reading or performing other close work). This makes the eyes dry, which may lead to a feeling of eyestrain or fatigue. So, encourage your kids to take frequent breaks from their devices, TV and video games. Use the 20/20/20 rule: every 20 minutes look away at least 20 metres for 20 seconds.

### MYTH 03. If parents have poor eyesight, their kids will inherit that trait.

Unfortunately, this one is sometimes true. If you need glasses for good vision or have developed an eye condition (such as cataracts), your child may inherit that same trait.

Near-sightedness and other visual conditions are often thought of as being hereditary in nature. However, the environment and how we use our eyes has at least equal, if not more influence on the development of vision.

Visual problems can have a major influence on conditions classified as Learning Disabilities, Dyslexia, and Attention Deficit Disorder. Vision issues can be the basis for poor eye-hand coordination, motion sickness and clumsiness too.

### MYTH 04. Eating carrots can improve vision.

Although it's true that carrots are rich in vitamin A, which is essential for sight, so are many other foods (asparagus, apricots, nectarines, and milk, for example). A well-balanced diet will provide vitamin A which is needed for good vision. When radar was developed in WW2, the Allies hid this development by saying they gave their pilots carrots to see better when flying at night to keep the Germans from finding out and developing their own radar. The tale has kind of stuck around since.

### Check out these autumn frames from Porsche

**Porsche Design eyewear** stands for innovation, quality and uniqueness. The titanium construction gives them outstanding stability, lightness and strength.



#### PORSCHE

P8273

Blue titanium frame with a rectangular shape and spring hinge, with sleek temple detailing.



#### PORSCHE

P8330

Black titanium frame with a spring hinge, featuring a round lens shape and fine simple lines.



#### PORSCHE

P8343

Havana and black in colour with a rectangular eye shape and solid bridge. Sleek contours and lines on the temples.



#### PORSCHE

P8364

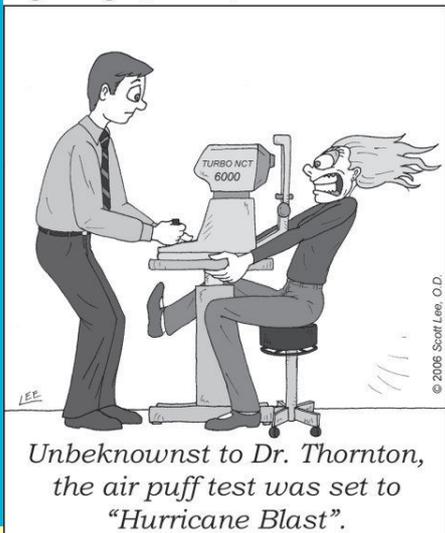
Black titanium frame in a soft cornered rectangular shape. A fine and subtle frame with a spring hinge.



#### PORSCHE

P8370

Gunmetal with cherry red temple tips featuring a double bridge, spring hinge and sleek temple detailing.



**MYTH 05. If you cross your eyes, they'll stay that way.**

Contrary to the old saying, eyes will not stay crossed if you cross them. However, the inability to cross your eyes may indicate poor reading vision skills and may require vision training or lenses to fix. If your school age child cannot look with both eyes at a fingertip held 5cm from their nose, then a visit to a Visique Optometrist is recommended.

**MYTH 06. Two blue-eyed parents can't produce a child with brown eyes.**

Two blue-eyed parents can have a child with brown eyes, although it's very rare. Likewise, two brown-eyed parents can have a child with blue eyes, although this is also very uncommon.

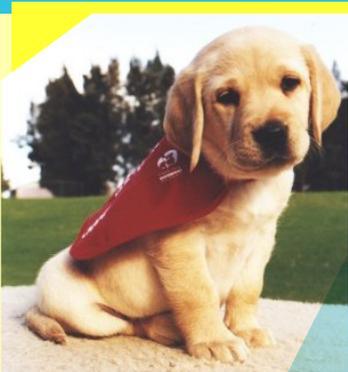
**MYTH 07. Only boys can be colour-blind.**

It's estimated that up to 8% of boys have some degree of colour blindness, whereas less than 1% of girls do.

**MYTH 08. Sitting too close to the TV is bad for your eyes.**

Although parents have been saying this ever since televisions first found their way into our living rooms, there's no evidence that plunking down right in front of the television damages someone's eyes. The original sets may have given off radiation, but modern sets are quite safe. However, sitting close to a television or not being able to read the programme guide may be a sign of near-sightedness, so an eye exam is probably a good idea.

**Thanks from the Volunteer Guide Dogs**



We are proud to share that recent donations from our reception guide dog collection box totalled:

**\$229.40!**

Thank you so much for your continued support, it is really appreciated. These donations are invaluable to the volunteer guide dogs and their team!



**In summary, if you think you need an eye exam or if you think your child does – we recommend that you don't delay and that you look after both their eye health and your own. There are many contributing factors to long-lasting eye health (more than just carrots!) and our team of professionals are here to give you peace of mind.**

**NEED NEW GLASSES?**

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**FREE ACCIDENTAL DAMAGE COVER**

**EVER SAT ON YOUR GLASSES?**



An unlucky customer of ours walked out of the shop with their new glasses and accidentally sat on them as they got in the car and broke them. They lasted all of 10 minutes! Luckily we offer all adult customers "Surety" for accidental damage. We repair or replace any glasses which accidentally break within the first 12 months (this is in addition to the usual manufacturer warranties). What's more, it's **completely free!**

This means you won't have to claim on your contents insurance or use money out of your own pocket should you sit on them, drop them, or even drive over them. We are the only optometrists in Tauranga to offer this unique benefit to our clients. Ts & Cs apply.