

Ask the Vision Experts

Common eye questions from local families



Dr. Brett Donaldson, OD

Grand Vision
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grandvisionkaty.com
See ad on page 112

Q: LASIK Procedures

I am nearsighted. How can LASIK help me?

LASIK is the most common surgical procedure for nearsightedness. LASIK for nearsighted patients flattens the cornea to allow the patient's focal point to land on the retina. It is considered successful when the resulting visual acuity is 20/40 or better. In patients with mild to moderate nearsightedness, studies have shown LASIK to have very good success rates. For people with higher amounts of nearsightedness the results are more variable. A LASIK pre-operative exam can determine if the patient is a viable candidate.

Q: Eyeglasses at Work

If I don't have vision problems, why would I need to wear eyeglasses at work?

There are several reasons to wear eyeglasses at work; computer strain and protective eyewear are the two most common. Computer Vision Syndrome (CSV) symptoms include blurred or double vision but also can include red eyes, irritated eyes, headaches, and back or neck pain. Glasses with anti-glare properties, a light tint, and a small focusing prescription will oftentimes relieve a great deal of the symptoms caused by CSV. Safety glasses are used for protection while working in an environment that could be hazardous. Many companies require they be worn, but even if the company doesn't, wearing Z87 standard safety glasses is highly recommended.

Q: Eye Exams

At what age should I start having my child's vision checked?

According to the American Academy of Ophthalmology, infants should have their first eye checkup when they are born and again during infancy, preschool, and school years. Screening can be performed by a pediatrician, family doctor, or other trained health care provider. During the newborn visit, the doctor or trained health care professional should examine a newborn baby's eyes and perform a red reflex test (a basic indicator that the eyes are normal). A second screening for eye health should be done at a well-child exam between 6 months and the first birthday. At the age of 3, a child's vision and eye alignment should be assessed by a person trained in vision assessment of children. Upon entering school, or whenever a problem is suspected, a child's eyes should be screened for visual acuity and alignment by a qualified physician or person trained in vision assessment, such as a school nurse.



Dr. Cybele C. Woon, MD

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Q: Vision Problems

What signs might indicate that my child is experiencing vision problems?

Some of the most common signs that indicate a child is having difficulty with visual tasks include squinting and eye rubbing, being moved to the front of the class due to difficulty seeing the board, eye strain, headaches, or other discomfort complaints while performing near visual tasks, poor academic or sports performance, a general dislike or avoidance of school work, or anything that requires visual effort. Should your child exhibit any of these signs, I strongly encourage you to schedule a complete eye exam.

If you have a question for our medical experts, email editor@katymagazine.com.

Special thanks to our panel of experts Dr. Brett Donaldson, OD and Dr. Cybele C. Woon, MD.