

# Activity Sheet 4: Healthy Eyes Checklist

There are many conditions that make a person's eyes function differently from another person's. Some of these conditions are associated with getting older. Others can occur at any time or may even be present from birth. Recognizing these conditions and knowing how they can be treated are important parts of your eye care program. Below are three random lists: EYE CONDITIONS; DEFINITIONS; and TREATMENTS. Each item is designated with a number. Mark the number to indicate which EYE CONDITION goes with the DEFINITION and TREATMENT (NOTE: Some conditions have the same treatment).

EYE CONDITION	DEFINITION	TREATMENT
1. Nearsightedness (myopia)	_____	_____
2. Farsightedness (hyperopia)	_____	_____
3. Astigmatism	_____	_____
4. Presbyopia	_____	_____
5. Strabismus (crossed-eyes)	_____	_____
6. Amblyopia (lazy eye)	_____	_____
7. Glaucoma	_____	_____
8. Cataracts	_____	_____

## DEFINITION OPTIONS:

1. A gradual decline in focusing ability due to normal aging.
2. Near objects are seen more clearly than ones that are far away.
3. The two eyes are not aligned. They look in different directions at the same time.
4. Objects are seen more clearly when they are far away than at near distance.
5. An eye disease in which the fluid pressure in the eyeball is too high.
6. Cloudy spots or patches on the eye's normally clear lens.
7. A condition that causes a loss of sharp vision usually in one eye and usually in very young children.
8. A condition caused when the shape of the cornea is more oval than round.

## TREATMENT OPTIONS:

1. Detection before age three is vital. Treatment includes corrective lenses and vision therapy.
2. Vision therapy to develop coordination of eye muscles or, sometimes surgery on eye muscles.
3. Treatment includes corrective lenses and/or vision therapy.
4. Drugs or surgery.
5. Prescription eyeglasses and, in some cases, contact lenses.
6. Lenses during early stages, surgery later.