



SALUS
UNIVERSITY

The Eye Institute

EYESIGHT

A Publication of The Eye Institute of Salus University

Fall 2021

Volume 13, Issue 2

Contact Lens Wear and Care

Contact lenses can provide a comfortable and convenient way to work, play, and live for those who wear them. While contact lenses are usually a safe and effective form of vision correction, they are not entirely risk-free, especially if they are not cared for properly. Contact lens-related eye infections and other injuries can lead to long-lasting damage but often are preventable. Clean and safe handling of contact lenses is one of the easiest and most important measures patients can take to protect their vision. Hygiene is the most critical aspect of successful long-term contact lens wear.

Here are some tips to keep your eyes healthy while wearing contact lenses:

Don't Sleep in Your Contact Lenses

- Don't sleep in your contact lenses unless prescribed by your eye care provider. Sleeping while wearing contact lenses has been shown to cause a greater risk of an eye infection.

Wash Your Hands

- Always wash your hands with soap and water before handling your lenses.
- Dry your hands well with a clean cloth before touching your contact lenses every time.

Keep Contact Lenses Away From All Water

- Water can introduce germs and bacteria to the eyes through contact lenses. Remove contact lenses before swimming and avoid showering in them.

Properly Clean Your Lenses

- Rub and rinse your contact lenses with contact lens disinfecting solution—never water or saliva—to clean them each time you remove them.
- Don't "top off" solution. Use only fresh contact lens disinfecting solution in your case—never mix fresh solution with old or used solution.

Follow Up With Your Optometrist

- Visit your eye care provider yearly or as often as he or she recommends.
- Remove your contact lenses immediately and call your eye care provider if you have eye pain, discomfort, redness, or blurred vision.

The Contact Lens Center at The Eye Institute offers a full range of traditional and specialty contact lens services. If you are interested in contact lenses, contact us at 215.276.6111 for an exam and complete evaluation.

IN THIS ISSUE:

Contact Lens Wear
and Care

Infant Vision Exam

Sports Eye Safety

Balance Disorders

Choosing the Right
Hearing Aid



Infant Vision Exam

Healthy eyes and good vision play a critical role in how infants and children learn to see. Eye and vision problems in infants can cause developmental delays. It is important to detect conditions early to ensure babies have the opportunity to develop the visual abilities they need to grow and learn.

The American Optometric Association (AOA) encourages parents to include a trip to the optometrist in the list of well-baby check-ups. Exams at six to 12 months of age can determine healthy development of vision. Early detection of eye conditions is the best way to ensure your child has healthy vision for successful development, now and in the future.

Why Your Infant Needs an Eye Exam

Even the most perceptive parents have a hard time judging how good their own child's vision seems. An optometrist can evaluate your child's vision without your child saying a word. Infants and young children need eye exams because those with problems that may go undetected can be addressed before turning into something that cannot be fixed.

What Happens During an Exam

An eye exam by a Pediatric Eye Specialist will check for:

- Significant amounts of farsightedness, nearsightedness, or astigmatism
- Eye muscle and binocular problems such as strabismus (crossed eyes)
- All causes of lazy eye: droopy eyelid, or a difference in prescriptions between eyes

- Eye disease including the presence of congenital cataracts, retinal disorders and tumors

The doctor will evaluate the baby's medical history, vision, eye muscles, and eye structures. The doctor will observe how the baby focuses, and whether or not both eyes are working together as a team.

Although a baby can't provide any input at this age, the doctor can perform several tests that will provide information about the child's sight.

- The doctor assesses the baby's vision. Does the infant react to light shone in the eyes? Will the baby look at a face or follow a moving toy?
- The doctor temporarily dilates the pupils with dilating drops. The eye doctor will use an instrument to test the baby's eyes for refractive error, such as nearsightedness, farsightedness or astigmatism without the infant or child saying a word. A baby can wear glasses if needed. Special eyeglasses are designed to fit very small faces.
- The doctor uses a lighted instrument with a magnifying glass (ophthalmoscope) to look inside the baby's eyes. With the use of an ophthalmoscope, the doctor will be able to assess the overall health of the baby's eyes and detect any early signs of trouble.

The right treatment and care for your child's vision is crucial to their development. Schedule your infant's eye exam at The Eye Institute Pediatric and Binocular Vision Service at 215.276.6000.





Sports Eye Safety

According to Prevent Blindness, more than 40 percent of eye injuries that occur every year are related to sports or recreational activities. Basketball was the leading cause of injury in males, followed by baseball/softball, and air/paintball guns. Baseball or softball was the leading cause among females, followed by cycling and soccer.

Blunt trauma, which occurs when you get hit in the eye, accounts for most sports-related eye injuries. These can include a broken bone under the eyeball (what your doctor would call an orbital blowout fracture), a broken eyeball (also called a ruptured globe), and a detached retina.

Penetrating injuries are less common and happen when something cuts into your eye, such as if your eyeglasses break from being hit.

Another type of injury, called a **radiation injury**, comes from exposure to the sun's ultraviolet light. If you snow ski or participate in water sports, you could be at risk.

The good news is most serious eye injuries could be prevented by wearing appropriate protective eyewear.

Take the following steps to avoid sports eye injuries:

- Always consult an eye care professional or expert optometrist to recommend the best eye protection for your sport and lifestyle.
- If you wear prescription glasses, ask your eye doctor to fit you for prescription eye protection.
- Sports eye protection should be padded or cushioned along the brow and bridge of the nose. Padding will prevent eye guards from cutting the skin.
- Try on eye protection to determine if it is the right size. Adjust the strap and make sure it is not too tight or too loose. Consult your eye care professional to ensure it has a comfortable, safe fit.
- In ice hockey and men's lacrosse, wear a helmet with a polycarbonate face mask or wire shield. Hockey face masks should be approved by the Hockey Equipment Certification Council or the Canadian Standards Association (CSA).
- Boxing and full-contact martial arts pose an extremely high risk of serious and even blinding eye injuries. There is no satisfactory

eye protection for boxing, although thumbless gloves may reduce the number of boxing eye injuries.

- Spectators at sporting events should also be careful. Balls, bats, and players can end up in the stands at any time. Keep your eyes on the game and watch out for foul balls and flying objects.

If an injury does occur, contact your optometrist to examine the eye as soon as possible.

TEI offers emergency eye care services in addition to its general and specialty practices for its patients. During normal operating hours patients requiring urgent or emergency care should report to the Emergency Service in The Eye Institute for emergency triage.

If emergency care is required after hours, ONLY patients who have been examined at TEI in the past THREE years should call the after-hours number: 215.276.3035.

If you are NOT a TEI patient, care after hours should be sought at a local hospital.



The Eye Institute

The Eye Institute (Oak Lane)
1200 West Godfrey Avenue
Philadelphia, PA 19141
Appointments: 215.276.6111

The Eye Institute (Chestnut Hill)
Chestnut Hill Plaza
7630 Germantown Avenue
Philadelphia, PA 19118
Appointments: 215.276.6111

The Eye Institute (Norristown)
1401 DeKalb Street
Norristown, PA 19401
Appointments: 610.278.7787

SalusUhealth.com/TEI



Pennsylvania Ear Institute

Pennsylvania Ear Institute
8380 Old York Road, Suite 120
Elkins Park, PA 19027
Appointments: 215.780.3180

1200 W. Godfrey Avenue
(Oak Street Health Entrance)
Philadelphia, PA 19141

SalusUhealth.com/PEI

At Salus University's health facilities The Eye Institute, Pennsylvania Ear Institute, Speech-Language Institute and Occupational Therapy Institute compassionate doctors, clinicians and support staff have dedicated their lives to improving the health and well-being of our community. They provide highly specialized vision, hearing and balance, speech-language pathology and occupational therapy services all in an effort to improve the quality of life for patients and clients.

If you have a caregiver who has made a meaningful impact on your life, please consider sending them a note of gratitude and making a charitable gift to the clinic in his or her honor. Although the amount of your contribution remains confidential, your Healthcare Hero will be notified of your honorary gift and he or she will be given special recognition.



Honor your Healthcare Hero

Your gift not only demonstrates deep gratitude for the care you received, but it will play a critical role in enhancing access to care, advancing innovation and improving the patient and client experience in our community.

To donate, visit salusuhealth.com/give.