

WILD About Healthy Vision Agenda Book



National
Eye
Institute

NATIONAL INSTITUTES OF HEALTH

NIH . . . Turning Discovery Into Health®

THIS AGENDA BOOK BELONGS TO:

Name: _____

Grade: _____

School/Community Organization Name: _____

School/Community Organization Address: _____

Hello!

Welcome to the start of your exploration of healthy vision.

The National Eye Institute (NEI) created the *Wild About Healthy Vision Agenda Book* just for youth in grades 7–8 as a fun way to keep a calendar of activities and learn about healthy vision. By learning the *Eye Fast Facts* in this *Agenda Book*, you will play a key role in reducing vision problems and eye injuries. Be sure to share what you learn with your friends and family to encourage healthy vision in those around you. Your calendar runs from August to July and provides interesting *Eye Fast Facts*, important health dates, and opportunities for you to keep notes on what you learn during this journey.

In order to really enjoy your *Agenda Book*, you will want to have several erasable ink pens and No. 2 pencils handy. You may also want to use colored pencils, erasable markers, stickers, and a ruler.

NEI is part of the National Institutes of Health (NIH), an agency of the U.S. Department of Health and Human Services, in Bethesda, MD. To learn more about NEI, visit www.nei.nih.gov.

Enjoy your *Agenda Book*. NEI thanks you for helping to make your family, friends, and community healthier.

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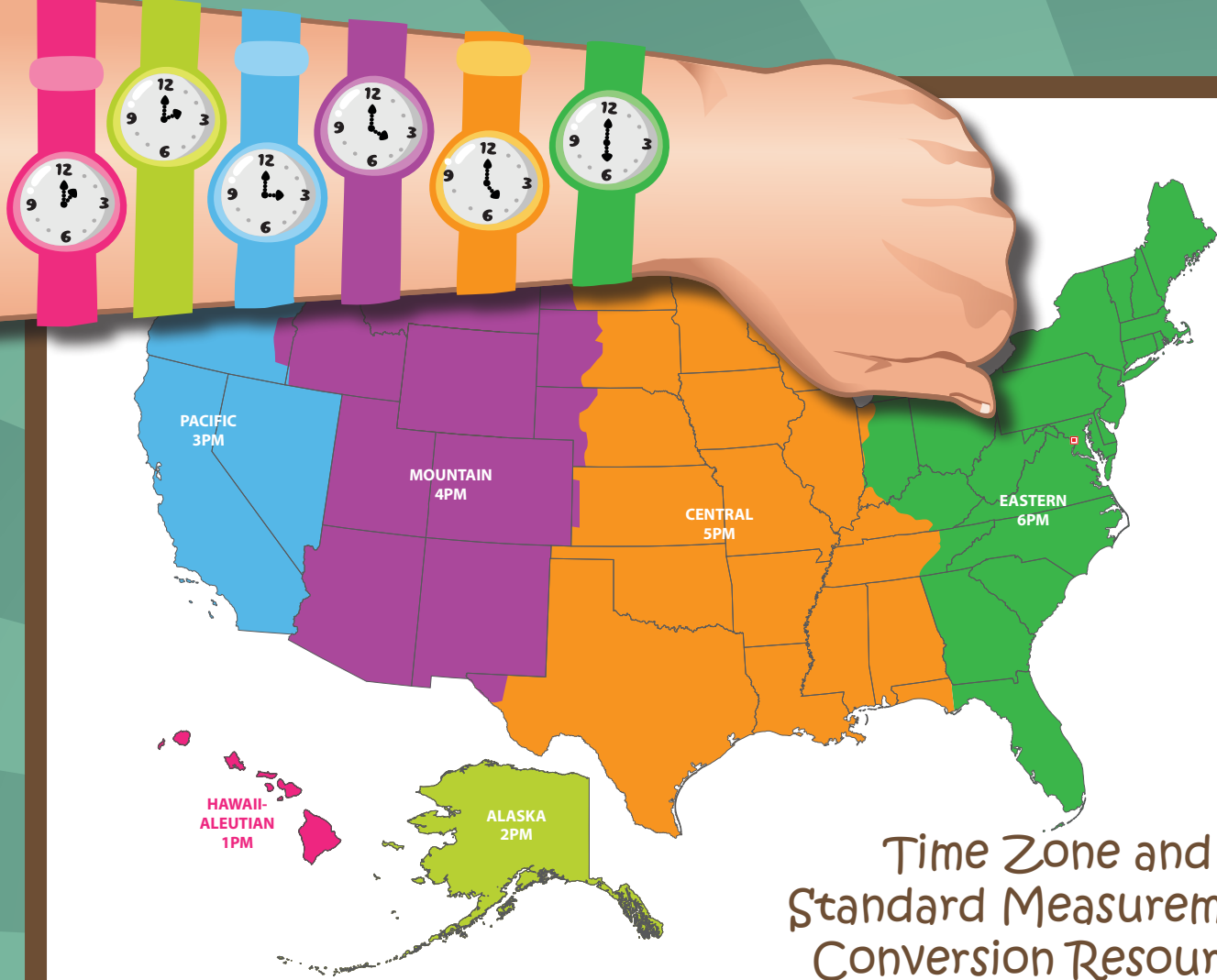
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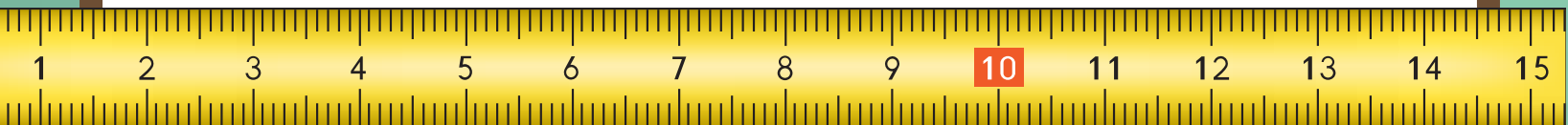
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Time Zone and Standard Measurement Conversion Resource

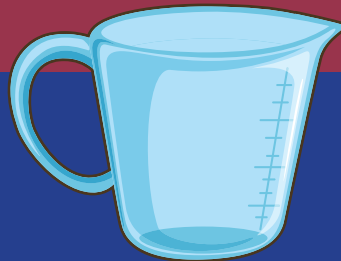


Length

- 1 foot \ ft = 12 inches \ in
- 1 yard \ yd = 3 feet \ ft
- 1 yard \ yd = 36 inches \ in
- 1 mile \ mi = 1,760 yards \ yd

Area

- 1 sq foot \ ft = 144 sq inches \ in
- 1 sq yard \ yd = 9 sq feet \ ft
- 1 acre = 4,840 sq yards \ yd
- 1 acre = 43,560 sq feet \ ft



Volume

- | | |
|--|---|
| 1 tablespoon \ tbsp = 3 teaspoons \ tsp | 1 pint \ pt = 16 fluid ounces \ fl oz |
| 1 fluid ounce \ fl oz = 2 tablespoons \ tbsp | 1 quart \ qt = 2 pints \ pt |
| 1 cup = 8 fluid ounces \ fl oz | 1 gallon \ gal = 4 quarts \ qt |
| 1 pint \ pt = 2 cups | 1 gallon \ gal = 128 fluid ounces \ fl oz |

My Schedule

Subject	Monday	Tuesday	Wednesday	Thursday	Friday

Community Service Record and Reading Log Page

Directions: Some schools require reading hours and community service hours. Here is a page just for you to log any reading and community service hours you have accumulated. If your school does not require these hours, it is still great to log any reading or community service you have done!

Location of Community Service	Number of Hours	What did you do?	Site Supervisor Signature


Title of Book	Author	Book Genre	Date Reading	Hours Spent Reading



Hi there!



Our names are **Isabella** and **Liam** and we will be your guides as you explore your **Agenda Book**.




We have a lot to learn about healthy eyes on our journey this year and we are going to have so much fun, too! We'll learn about eye safety, first aid for eye injuries, eye diseases, and early detection and treatment of eye disease.

Our journey begins in August and runs through July. You can record assignments, list important dates, and organize your extracurricular activities. You also have a special place for journaling to make notes on the things that you learn about keeping your eyes healthy.


Just like in sports, it's important to practice so we can remember what we've learned. So, after each journal, we have "Action Items." This is where you can write how you are going to practice the new things you've learned. We'll be with you along the whole journey while you work to become **"Wild About Healthy Vision!"**
Let's go!




**HEALTHY
VISION**




We use our eyes from the time we open them in the morning until we close them at night. Our eyes help us see our favorite things, see where we're going, do our homework, play sports, and lots of other things. So, it's important that we take care of our eyes.



Did you know that healthy vision begins with you? Keep your eyes healthy by eating right, choosing a wide variety of fruits and vegetables, wearing eye protection when playing sports, and washing your hands before putting them close to your eyes.



As you go through your Agenda Book calendar, you will notice that we have listed important observances like Children's Eye Health and Safety Month and Home Eye Safety Month to help remind you about health observances for you, your family, and friends.



We also have some fun Eye Fast Facts that we will share. Throughout our healthy vision journey, we will list three Eye Fast Facts with you each month. These will help you learn about your eyes, as well as how to keep them healthy.

AUGUST

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



DID YOU KNOW that August is **Children's Eye Health and Safety Month**? Vision problems can keep you from doing your best in school, sports, and other fun social activities. If you or one of your friends is having trouble seeing things at school or while playing sports, tell an adult so that you or your friend can visit the eye doctor.

**eye
FAST
FACT**

Eye Catching: Children under age 15 account for 43 percent of all sports and recreational eye injuries.

eye FAST FACT

Eye Spy: Eye injuries among youth ages 11 to 14 often happen while playing sports.

eye FAST FACT

Batters Matter: Baseball is the leading cause of sports-related eye injury in kids age 14 and younger.



HEALTHY VISION WORD MIX

Directions: Write down as many words as you can by combining the letters of the words below.

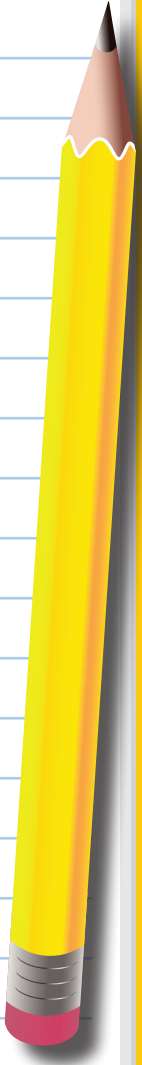
HEALTHY VISION

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____



Having healthy vision is important for reading and writing. How many words were you able to create?

LIVE and LEARN HEALTH JOURNAL



Here is your first opportunity to use your "Live and Learn Health Journal." You will find a blank page like this at the end of each month to make notes on things that you learned and to remind yourself about healthy vision habits.

Don't forget about your Action Item! Remember the Eye Fast Facts we shared with you this month! Think about how much your eyes do for you. Note how your life would change if you didn't have your eyesight.

SEPTEMBER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



EYE FAST FACTS: *Fact or Myth?*

Myth—If you eat carrots, you will have good eyesight.

Fact—The vitamin A in carrots helps eyes function well, but it is just one important factor for good eyesight.

Myth—Reading in dim light is harmful to your eyes.

Fact—Although reading in dim light makes your eyes feel tired, it is not harmful.

DID YOU KNOW

that September is **Sports Eye Safety Month**? There are thousands of eye injuries a year related to sports and hazards around the house. When you're outside this month, remember these first aid tips for your eyes:

- * If particles, like sand or dust, get into your eyes, don't rub! Immediately wash your eyes out with water.
- * If you get hit in the eye with a ball, rock, or elbow, gently put a cold compress on your eye for 15 minutes. This should make the swelling go down and relieve the pain. Have an adult take you to the doctor!
- * If an object like a stick or pencil gets stuck in your eye, do not pull it out. This is very serious! Have an adult put a loose bandage on your eye. Don't put any pressure on the object. Have an adult take you to the doctor immediately.



eye FAST FACT

Eye Wear: More than half of all people in the United States use some type of lens to correct their vision.

HEALTHY VISION WORD SCRAMBLE

Directions: Complete the Word Scramble to learn about words related to healthy vision.

lesbalab _____

ltehayh _____

tceptornoi _____

tmaVini a _____

onentaiimxa _____

srpsot _____

feasyt _____

sprComse _____

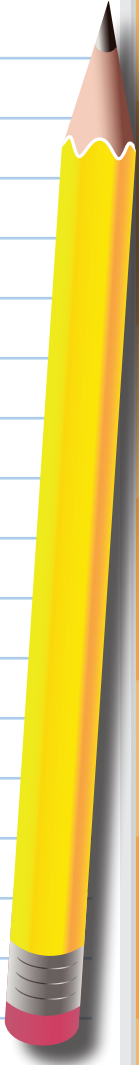
treaw _____



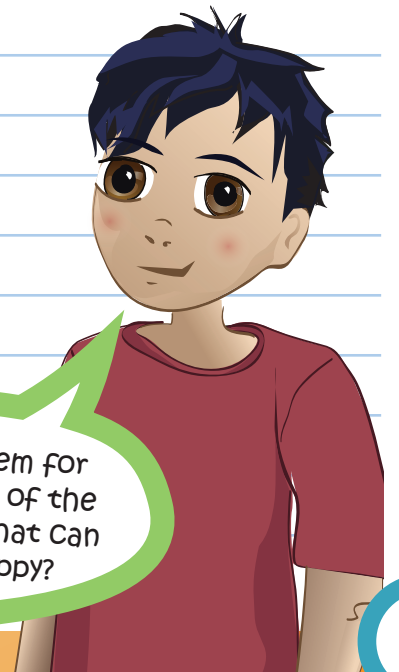
Word Bank:

healthy	vitamin a	baseball
compress	protection	safety
sports	water	examination

LIVE AND LEARN HEALTH JOURNAL



It's time for your "Live and Learn Health Journal." How did you use your Action Item from last month? What did you learn?



Remember your Action Item for this month! What are some of the things that you like to do that can keep you healthy and happy?

OCTOBER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



DID YOU KNOW that October is **Home Eye Safety Month**? Eye injuries from toys, sports, and home/yard chores put your vision at risk. Make vision a health priority! Make sure that your parents check with your family physician or eye doctor about healthy vision and eye safety to prevent eye injuries in your family.



eye fast fact

Think Blink: Blinking helps keep your eyes from getting too dry. You blink every two to 10 seconds. Be sure to blink while you read or work on your computer.

eye fast fact

Eye Armor: Your body protects your eyes. Bony eye sockets guard against impact, eyebrows provide shade, eyelids and eyelashes keep things out of the eyes, and tear ducts moisten the eyes.

eye fast fact

Shutter Flutter: When you blink, you shut your eyes for 0.3 seconds. That's a total of 30 minutes per day!



NOW WHAT DID WE JUST LEARN ABOUT HEALTHY VISION?

These three months went by quickly! What did we learn about healthy vision? Let's review our healthy vision reminders and Eye Fast Facts.



Healthy Vision Reminders

- Healthy vision begins with you.
- You keep your eyes healthy by eating right, choosing a wide variety of fruits and vegetables, wearing eye protection when playing sports, and washing your hands before putting them close to your eyes.

August Eye Fast Facts

- Children under age 15 account for 43 percent of all sports and recreational eye injuries.
- Eye injuries among kids ages 11 to 14 often happen while playing sports.
- Baseball is the leading cause of sports-related eye injury in kids age 14 and younger.

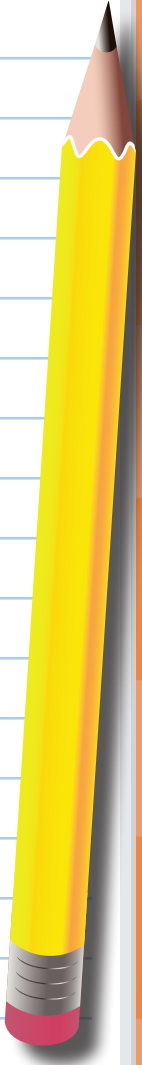
September Eye Fast Facts

- Fact—The vitamin A in carrots helps eyes function well, but it is just one important factor for good eyesight.
- Fact—Although reading in dim light makes your eyes feel tired, it is not harmful.
- More than half of all people in the United States use some type of lens to correct their vision.

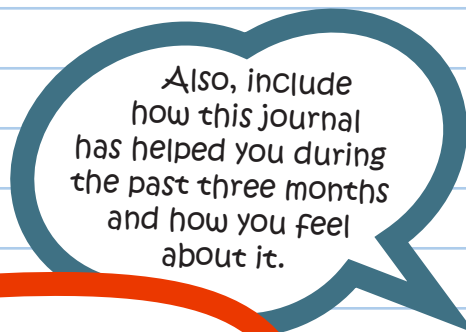
October Eye Fast Facts

- Your body protects your eyes. Bony eye sockets guard against impact, eyebrows provide shade, eyelids and eyelashes keep things out of the eyes, and tear ducts moisten the eyes.
- Blinking helps keep your eyes from getting too dry. Make sure that you blink while you read or work on your computer.
- When you blink, you shut your eyes for 0.3 seconds. That's a total of 30 minutes per day!

LIVE AND LEARN HEALTH JOURNAL

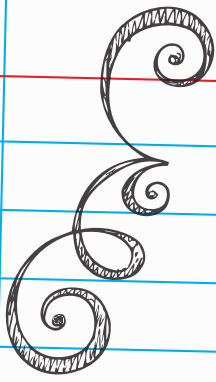


Now that you've begun to organize your activities and make plans for your everyday life, use your journal and describe what Healthy Vision means to you and how it impacts your life.

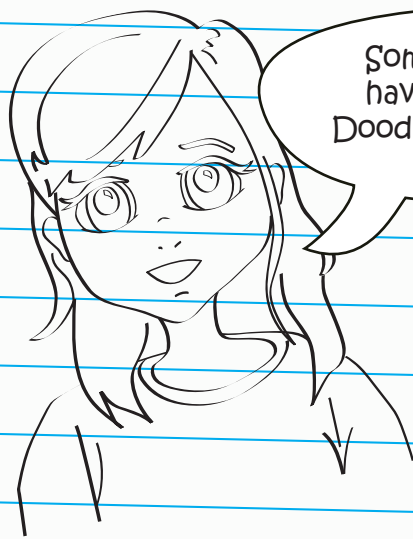


Also, include how this journal has helped you during the past three months and how you feel about it.





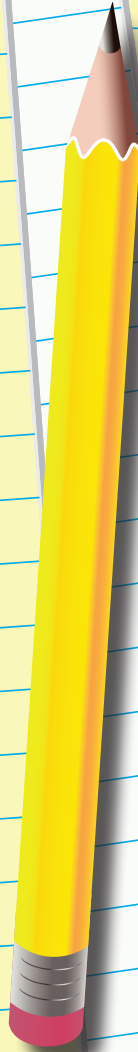
Doodle



Sometimes we just want to have fun. Here is your first Doodle page to be creative and express yourself.



NOTES



Also, sometimes we need extra room to help us organize our responsibilities or write out our thoughts. Use these notes pages to organize your thoughts or responsibilities.



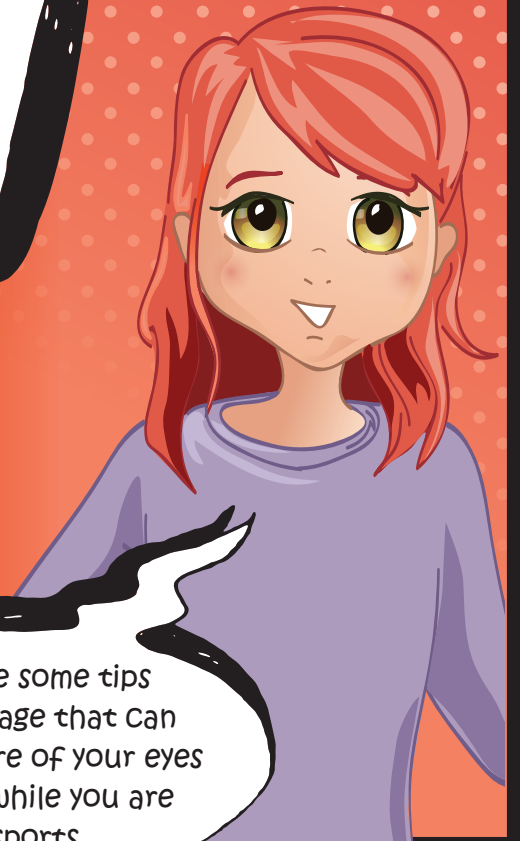
We know healthy vision is really important. Because we're growing up, we've really got to take this business of healthy eyes seriously. Think of all the things that you noted in your journal that you couldn't enjoy without your eyes! Your eyes are as important as the rest of your body.



It's really important that we pay attention to any changes in how we see. If you're having trouble with your eyes, like blurry vision, you should tell an adult so you can visit the eye doctor.



Our lives would really change if we didn't have healthy eyes or couldn't see at all. It's scary, isn't it? Remember to take care of your eyes so that you can see all you can see. An important part of healthy eyes is knowing how you can prevent and treat eye problems!



Here are some tips on the next page that can help you take care of your eyes in school and while you are playing sports.

HEALTHY eyes

IN SCHOOL:

- Walk, don't run, with sharp objects such as scissors, pens, pencils, and rulers.
- Use good lighting to avoid tiring your eyes when reading, writing, or surfing the Internet.
- Tell an adult if your eyes are bothering you.
- Wear proper eye protection when doing hobbies, chores, or school assignments that use chemicals.
- Wear sunglasses that block both UVA and UVB radiation from the sun.
- Never look directly at the sun.

IN SPORTS:

- Wear a helmet when biking, skateboarding, or roller-skating.
- Wear proper eye protection when playing sports.



NOVEMBER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

eye FAST FACTS: Fact or Myth?

Myth—There is no need to check your eyes until you are in your 40s and 50s.

Fact—Eye problems can affect people of all ages.

Myth—If you need eyeglasses, your eyes are not healthy.

Fact—Wearing eyeglasses has nothing to do with eye health, but rather with normal changes in parts of your eyes.



eye FAST FACT

Go the Distance:

When using a computer, adjust the lighting and sit at least 20 inches away from the screen in order to reduce glare.

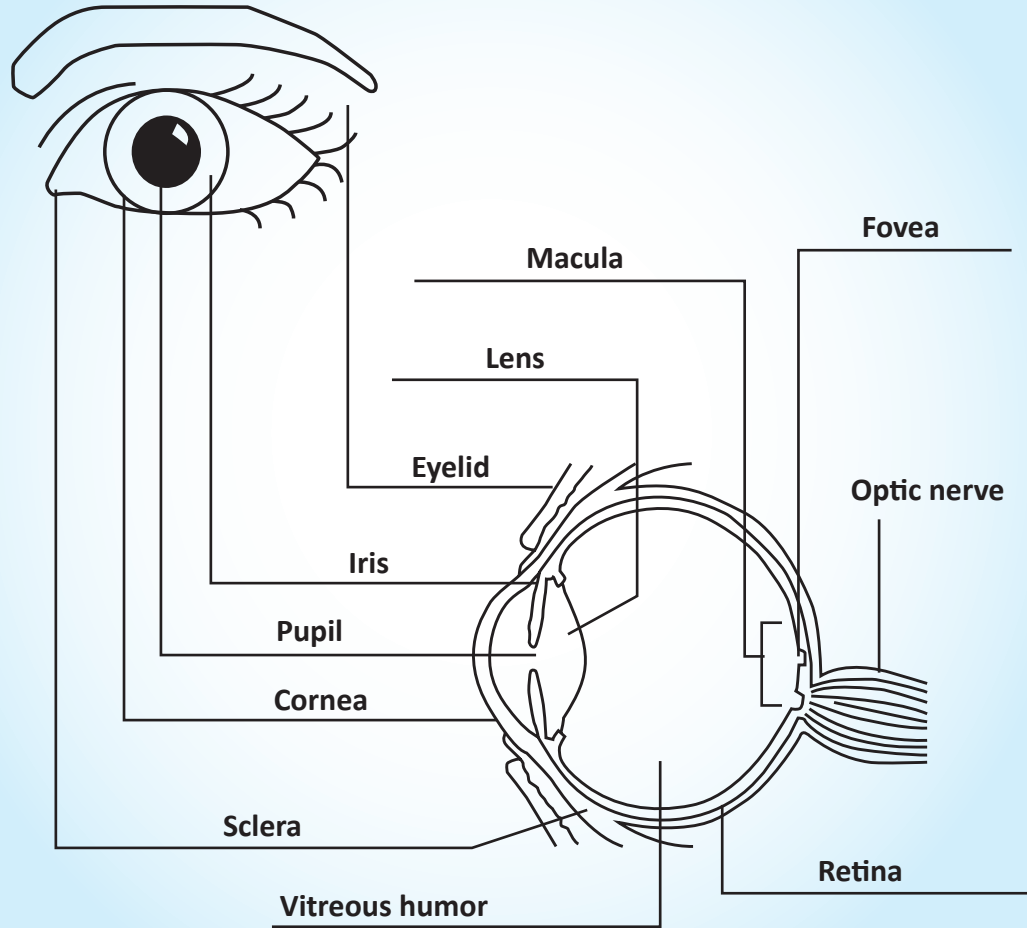
DID YOU KNOW

that November is **Diabetic Eye Disease Month**?

Diabetes is a serious disease that can cause blindness. Diabetic eye disease refers to a group of eye problems that people with diabetes may face. The most common diabetic eye disease is diabetic retinopathy, which damages the blood vessels in the eye. This month, discuss your health history with your family and encourage the adults in your life with diabetes to have a dilated eye exam at least once a year.



eye Diagram



Macula (MACK-yoo-luh) is the small, sensitive area of the retina that gives central vision. It contains the fovea.

Lens (Lenz) is the clear part of the eye behind the iris that helps to focus light on the retina; it allows the eye to focus on both far and near objects.

Eyelid (I-lid) is the skin-covered structure that protects the front of the eye. It limits the amount of light that enters the eye and spreads tears over the cornea.

Iris (I-ris) is the colored part of the eye; it regulates the amount of light entering the eye.

Pupil (PYOO-puhl) is the opening at the center of the iris. The iris adjusts the size of the pupil and controls the amount of light that can enter the eye.

Cornea (KOR-nee-uh) is the clear outer part of the focusing system; it is located at the front of the eye.

Sclera (SKLEH-ruh) is the tough, white, outer coat of the eye.

Vitreous humor (VIT-ree-us HU-mur) is the clear gel filling the inside of the eye.

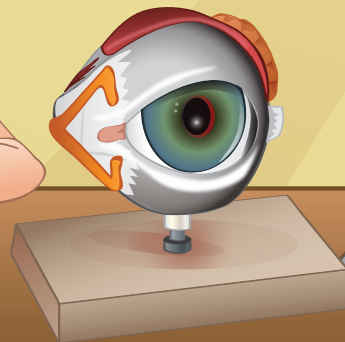
Fovea (FOH-vee-uh) is the center of the macula; gives the sharpest vision

Optic nerve (OP-tic nurv) is the bundle of more than 1 million nerve fibers that carries visual messages from the eye to the brain.

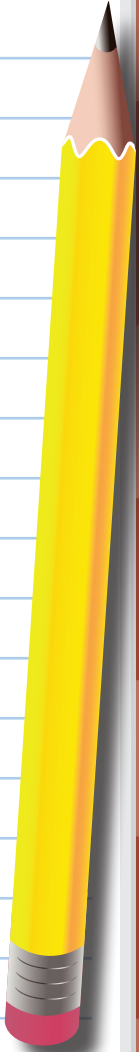
Retina (RE-tin-uh) is the light-sensitive tissue lining the back of the eyeball; it sends electrical impulses to the brain.

Let's look at the eye diagram above to learn how our eyes work to allow us to see.

Check out the definitions to the left to learn what each part of the eye does.



LIVE AND LEARN HEALTH JOURNAL



Sometimes it can be challenging to start new habits, so think about one tip that you learned this month that you can remember as a lifelong healthy vision tip.



For example, using good lighting to avoid tiring your eyes.

DECEMBER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

eye FAST FACTS: Fact or Myth?

Myth—Using a computer or video display terminal (VDT) is harmful to your eyes.

Fact—Using a computer or VDT may strain or tire your eyes, but it is not harmful.

Myth—Never sit too close to the TV.

Fact—There is no scientific evidence that sitting too close to the TV is bad for your eyes.

eye FAST FACT

Board Boys:

Sixty percent of skateboard injuries occur among youth under age 15. Most injuries occur among boys.



DID YOU KNOW

that December is **Safe Toys and Gifts Month**? Remember these helpful eye safety tips when playing with your new toys this month:

- * Playing baseball? Wear sports eye guards and a face guard attached to your helmet.
- * Playing basketball or soccer? Wear sports eye guards.
- * Playing football? Wear a face mask and sports eye guards.
- * Playing hockey? Wear a face mask and sports eye guards.
- * Playing any sport? Check with your eye doctor to find out the right protective eyewear for helping you avoid eye injuries.



WRITE IT OUT—SENTENCE STEMS

Directions: Fill in the blanks below to complete the sentence.

When I get up in the morning,
my eyes help me see _____
_____.

My favorite things to look at outside are
_____ because _____
_____.

My favorite colors to see are _____
because _____.

When I go to school, I'm glad I can see _____
_____.

I know when I play my favorite sports I should wear
_____ because _____
_____.



An important part of healthy eyes is knowing what your eyes do for you and thinking about how you can protect them daily.

See if you can fill in the blanks above to test your "Eye-Q."



LIVE AND LEARN HEALTH JOURNAL



Healthy eyes are really important. We have to think about our eyes even when we are playing. Share in your journal what sports you and/or your friends play and which ones require protective eyewear. If you or your friends participate in sports, do you or your friends wear the right protective eyewear?

Next time that you or your friends play, remember to gear up for the game and wear the right protective eyewear.

JANUARY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



DID YOU KNOW that January is **National Glaucoma Awareness Month**? The most common form of glaucoma, open-angle glaucoma, damages the optic nerve in the eye and is usually seen in adults. Become a glaucoma detective this month! Find out if glaucoma runs in your family and help spread glaucoma awareness to stop the “sneak thief of sight!”



eye FAST FACT

Eyes All Around: Scorpions have as many as 12 eyes and some flatworms have more than 100 eyes scattered all over their bodies.

eye FAST FACT

Family Matters: Anyone can get glaucoma, but some people are at higher risk:

- African Americans over the age of 40.
- Everyone over 60, especially Mexican Americans.
- People with a family history of the disease.

Does glaucoma run in your family?

eye FAST FACT

History Lesson: English optician Samuel Pierce invented bifocals around 1775.



NOW WHAT DID WE JUST LEARN ABOUT HEALTHY EYES?

Time sure flies when you're having fun! What did we learn these past three months? Let's review below.



Healthy Vision Reminders

- Taking care of your eyes is not just for older people; it's for everyone.
- An important part of healthy vision is knowing how you can prevent and treat eye problems.
- Remember your tips for taking care of your eyes in school and while you are playing sports.

November Eye Fast Facts

- Fact—Eye problems can affect people of all ages.
- Fact—Wearing eyeglasses has nothing to do with eye health, but rather with normal changes in parts of your eyes.
- When using a computer, adjust the lighting and sit at least 20 inches away from the screen in order to reduce glare.


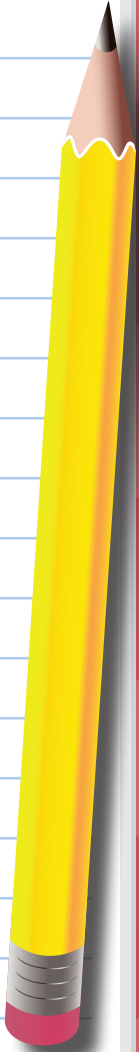
December Eye Fast Facts

- Sixty percent of skateboard injuries occur among youth under age 15. Most injuries occur among boys.
- Fact—Using a computer or video display terminal (VDT) may strain or tire your eyes, but it is not harmful.
- Fact—There is no scientific evidence that sitting too close to the TV is bad for your eyes.


January Eye Fast Facts

- English optician Samuel Pierce invented bifocals around 1775.
- Scorpions have as many as 12 eyes and some flatworms have more than 100 eyes scattered all over their bodies.
- Anyone can get glaucoma, but some people are at higher risk:
 - African Americans over the age of 40.
 - Everyone over 60, especially Mexican Americans.
 - People with a family history of the disease.

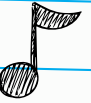
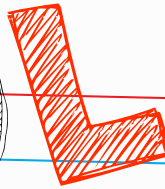
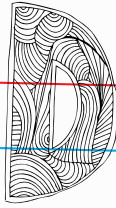
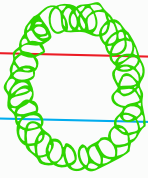
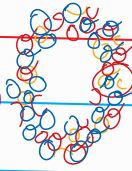
LIVE and LEARN HEALTH JOURNAL



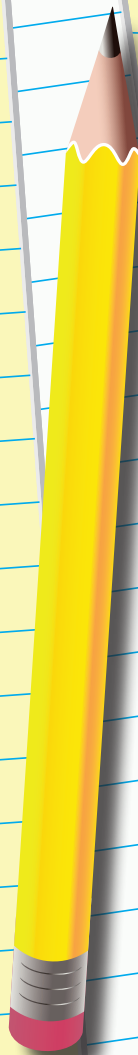
Do any of your friends and/or family members have an eye disease? Or has anyone you know ever had an eye injury? Share in your journal any experiences that you or someone you know has had with eye disease or eye injury.



Also, remember to note what you have learned about healthy vision that can help prevent future eye injuries and teach others about eye disease.



NOTES PAGES





**eye disease,
early detection,
and treatment**

It is important to know about your family's vision history, but it's also important to know about other parts of your family's health history that might result in damage to the eyes.



Early detection is a must in order to receive treatment. You can be an important part of getting someone else you know to get an eye exam.



Also, if you or a family member has diabetes and doesn't take care of the disease, diabetic eye disease can creep up, too! Be sure to visit the doctor learn more about diabetes and eye disease.



Don't forget to check out the important calendar observances this quarter, like Low Vision Awareness Month and Workplace Eye Wellness Month.

FEBRUARY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



DID YOU KNOW that February is **Age-Related Macular Degeneration (AMD) and Low Vision Awareness Month**? AMD is an eye disease that affects the small area in the middle of the retina called the macula and can cause vision loss by destroying the central vision of the eye. Low vision means that even with regular eyeglasses, contact lenses, medicine, or surgery, people find daily activities difficult to do. Reading the mail, shopping, cooking, watching TV, and writing can be challenging for people with low vision. Encourage the adults in your life to see an eye doctor if they have trouble with these tasks.

**eye
FAST
FACT**

Blind Spot: Around the world, an adult goes blind every five seconds and a child goes blind every minute.

eye FAST FACT

Sea of Color: Tropical fish and many brightly colored animals have more color vision cells than people do. They can see colors that people cannot.

eye FAST FACT

Hawk Eyes: Hawks' and eagles' eyes are specialized to let them see almost eight times better than humans.

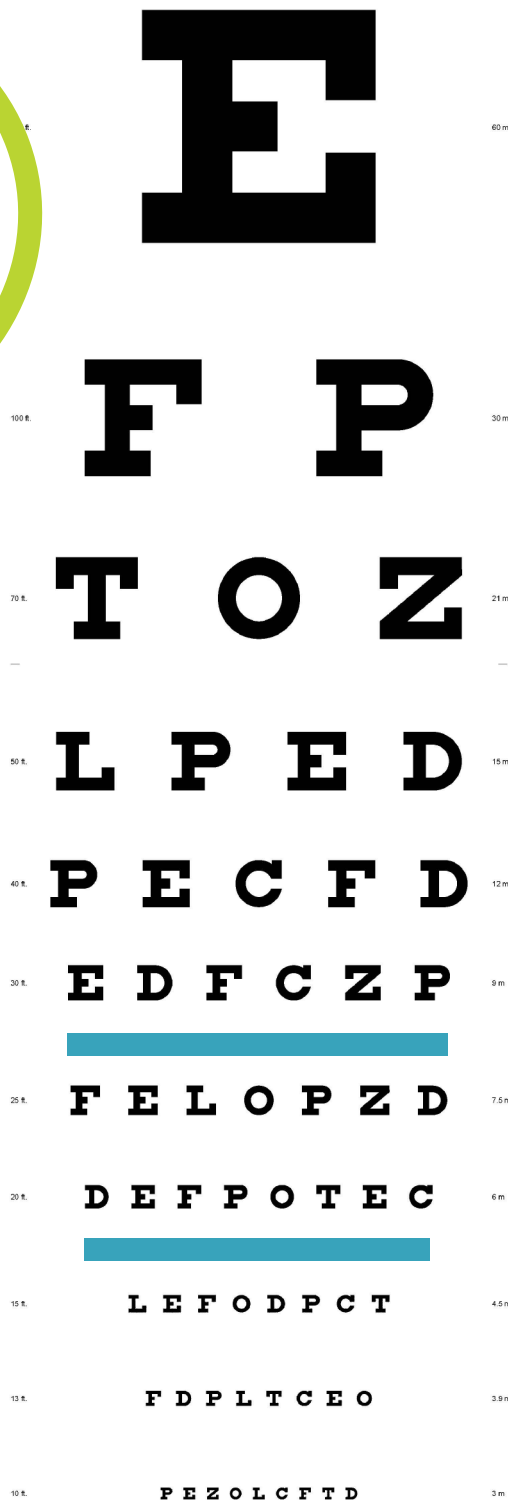


eye CHART INTRODUCTION

Directions: Cover one eye and see if you can read all the letters. then cover your other eye and try to read the letters.

Sometimes going to an eye doctor can be a little scary because of the different equipment you may see during your visit, but if you get to know some of the procedures, it won't seem so scary.

Your eye doctor may ask you to read an eye chart like this one.



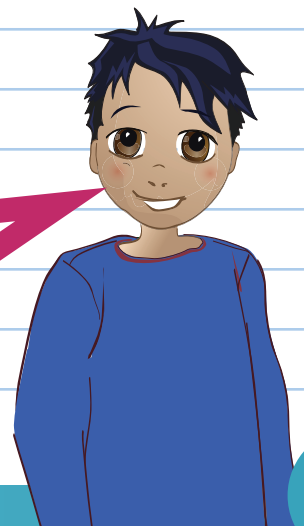
LIVE AND LEARN HEALTH JOURNAL



This is a great place to write your thoughts about what you feel and think, as well as what you learned. The time that you spend journaling can really help you think about making good health decisions for the rest of your life.



In your journal, share how you can help someone with low vision complete daily activities they might have trouble doing. Remember that every five seconds, one adult goes blind. Think about and share what ways you are determined to take care of your eyes now to prevent going blind as an adult.



MARCH

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



DID YOU KNOW that March is **Workplace Eye Wellness Month**? Eye injuries not only happen to children while they are playing, but they can also happen to adults while they are working. Encourage the adults in your life to wear the right protective eyewear for their job to prevent unnecessary eye injuries.

**eye
FAST
FACT**

Vision Chronicles:
The retina is about the size of a postage stamp. It has 130 million light-sensitive cells.



eye FAST FACT

Bouncing Back:
Basketball leads all sports in the number of eye injuries to young people ages 15 to 24.

eye FAST FACT

Prevent the Event: Ninety percent of eye injuries could be prevented with better eye safety habits, such as using protective eyewear.





MAD LIBS



Directions: Fill in the blanks below to complete the story.

I like to use different words in my Mad Libs to make funny stories. Try reading the story and putting in your own funny words.

Then complete the Mad Libs by filling in the most appropriate words that would describe how you would feel if this happened to you.

After school today, we grabbed our _____ equipment and _____ to the _____ where we could _____ basketball. It's our _____ game. We all remembered to wear our safety goggles. I was the _____ of my team and Jacob was the _____ of his. Since my _____ won the tip-off, we got the _____ first.

Our team got a basket right away, but then a really _____ player on Jacob's team got the ball and hit a _____ point shot. Even though he was on the other team, it was an _____ shot! We played for about _____ minutes before we took a break to eat our _____ and drink some _____. When we were finished, we _____ everything in the _____ household item and started to _____ again.

Each of the teams had _____ players and the score was _____. We had some close calls where the _____ almost hit a few people in the _____, but luckily, each time it missed. Everyone had their safety goggles on, which was good. We decided to play for _____ more minutes when all of the sudden, it started to _____ really hard. Everyone picked up their _____ and _____ someplace _____. We had a great _____ and no one got hurt.

LIVE AND LEARN HEALTH JOURNAL



What did you learn this past month about eye disease, prevention, and treatment?

Don't forget to write your Action Item on what you can do this upcoming month to spread awareness about eye disease, early detection, and treatment to your family and friends!

APRIL

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



DID YOU KNOW that April is **Women's Eye Health and Safety Month**? Although the greatest risk factor for age-related macular degeneration (AMD) is age, gender may also be a risk factor for developing the disease. Women may be at greater risk than men for developing AMD. Encourage the adult women in your life (a teacher, mother, grandmother, aunt) to see an eye doctor and talk about their risk factors for developing AMD.

**eye
FAST
FACT**

Color Blind: One in every 12 males is color blind. Color blind does not mean that you see in black and white, but that you have trouble telling the difference between certain colors.



eye FAST FACT

Emergency Urgency: Every 13 minutes, someone in the United States goes to a hospital emergency room for a sports-related eye injury. Protect your eyes!

eye FAST FACT

Reflections: Your dog's or cat's eyes glow in the dark because of tapetum, silver "mirrors" in the back of its eyes, which gives it superior night vision.



NOW WHAT DID WE JUST LEARN ABOUT EYE DISEASE, EARLY DETECTION, AND TREATMENT?

Let's review what we have learned.



Healthy Vision Reminders

- It's important to know your family's vision history, but it's also important to know about other parts of your family's health history that might result in damage to the eyes.
- Also, if you or a family member has diabetes and doesn't take care of the disease, diabetic eye disease can creep up, too! Be sure to visit the doctor to learn more about diabetes and eye disease.
- Early detection is a must to avoid preventable vision loss. So if you, a member of your family, or a friend notice problems with your vision, make sure you see an eye doctor. You can be an important part of getting someone else's eyes examined.

February Eye Fast Facts

- Around the world, an adult goes blind every five seconds and a child goes blind every minute.
- Tropical fish and many brightly colored animals have more color vision cells than people do. They can see colors that people cannot.
- Hawks' and eagles' eyes are specialized to let them see almost eight times better than humans.


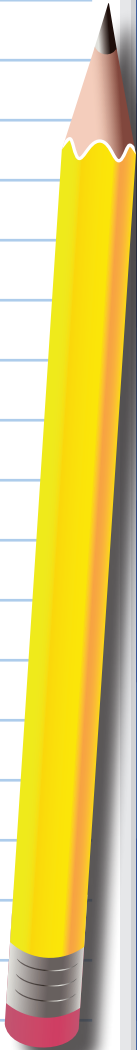
March Eye Fast Facts

- The retina is about the size of a postage stamp. It has 130 million light-sensitive cells.
- Basketball leads all sports in the number of eye injuries to young people ages 15 to 24.
- Ninety percent of eye injuries could be prevented with better eye safety habits, such as using protective eyewear.

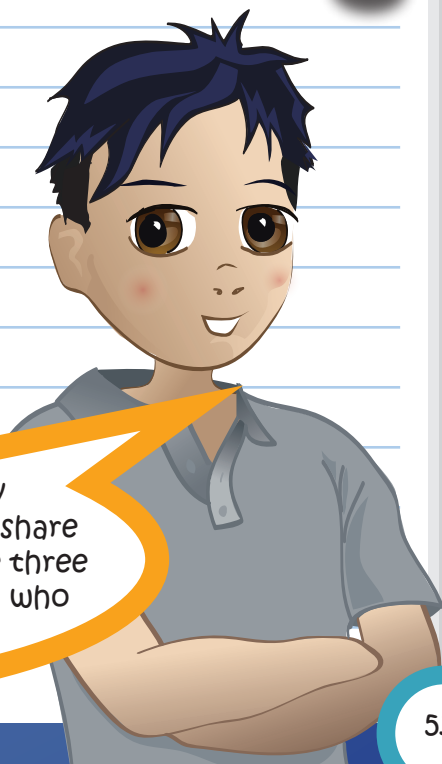
April Eye Fast Facts

- One in every 12 males is color blind. Color blind does not mean that you see in black and white, but that you have trouble telling the difference between certain colors.
- Every 13 minutes, someone in the United States goes to a hospital emergency room for a sports-related eye injury. Protect your eyes!
- Your dog's or cat's eyes glow in the dark because of tapetum, silver "mirrors" in the back of its eyes, which gives them superior night vision.

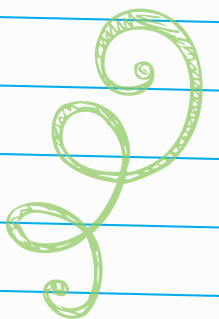
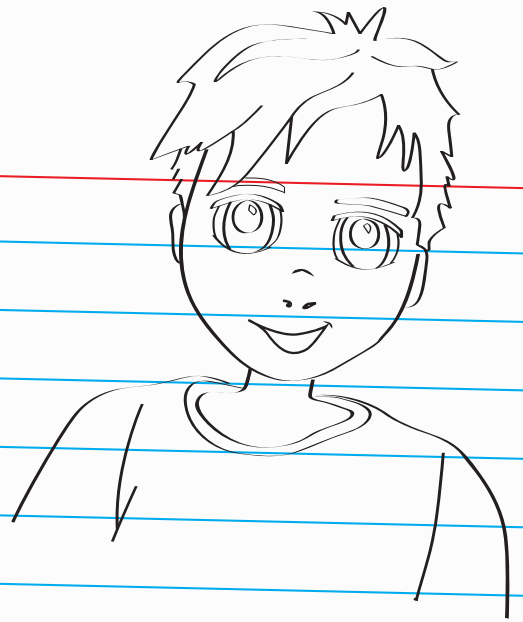
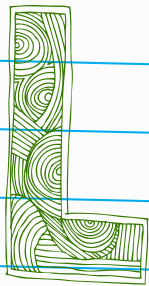
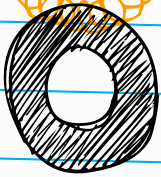
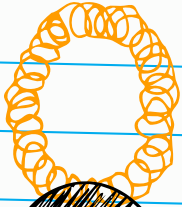
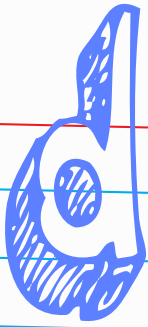
LIVE and LEARN HEALTH JOURNAL



I never knew that women may have a higher chance of developing certain eye diseases. I wouldn't want myself or another woman in my family to lose their vision because they did not take care of their vision.



Yeah, well, I didn't know that so many of us boys are color blind. In your journal, share other things that you've learned over these three months that you did not know before and who you plan on sharing it with.



NOTES PAGES



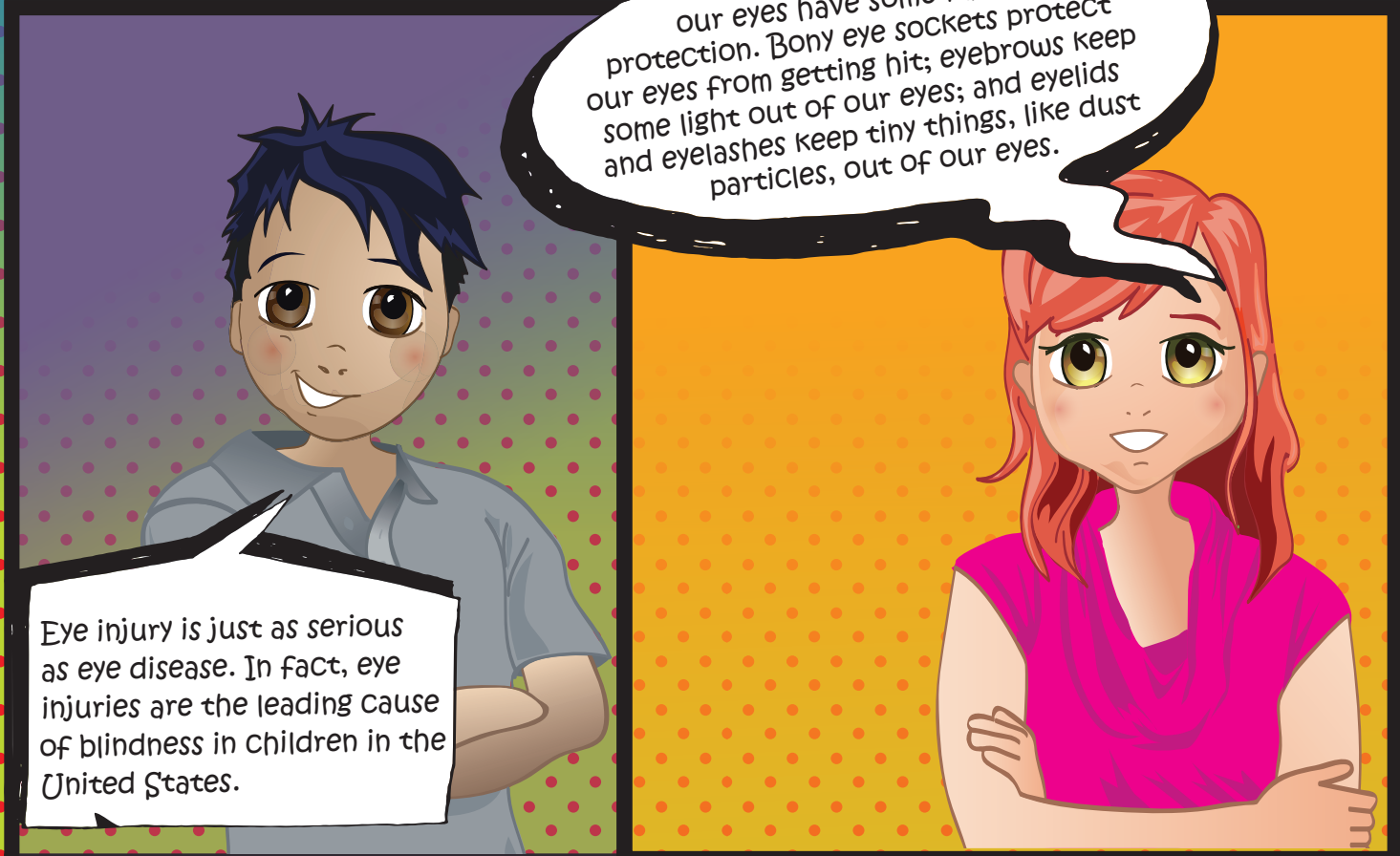
eye safety

eye safety tips:


Read the tips below to learn more about how to protect your eyes from injury:

- Remove trash from lawns to get rid of anything that could fly in your eyes while mowing.
- Wear safety goggles while mowing your lawn.
- Use guards on all power equipment to cut down on flying debris.
- Avoid toys with sharp points, spikes, and dangerous edges.
- Avoid toys that fly and/or launch things into the air.
- Keep BB guns away from others and use them only with an adult.
- Don't play with fireworks!






Remember that our eyes have some natural protection. Bony eye sockets protect our eyes from getting hit; eyebrows keep some light out of our eyes; and eyelids and eyelashes keep tiny things, like dust particles, out of our eyes.



Eye injury is just as serious as eye disease. In fact, eye injuries are the leading cause of blindness in children in the United States.



Check out these eye safety tips shown on the left.



Learning about your eyes and helping your family become and stay healthy is important work. Be sure to acknowledge this observance: Healthy Vision Month.

may

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

eye FAST FACT: Fact or Myth?

Myth—You can wear out your eyes.

Fact—Eyes do not wear out. You can use them as much as you want.



eye FAST FACT

Seeing Red: People sometimes have red eyes in photographs, especially those taken with a flash, because light reflects off of the retina.

DID YOU KNOW that May is **Healthy Vision Month**? Unhealthy habits such as smoking can increase the risk of some eye diseases. This includes age-related macular degeneration and cataract, which form when the lens of the eye grows cloudy. Stay smoke free and encourage the adults in your life to quit smoking.



eye FAST FACT

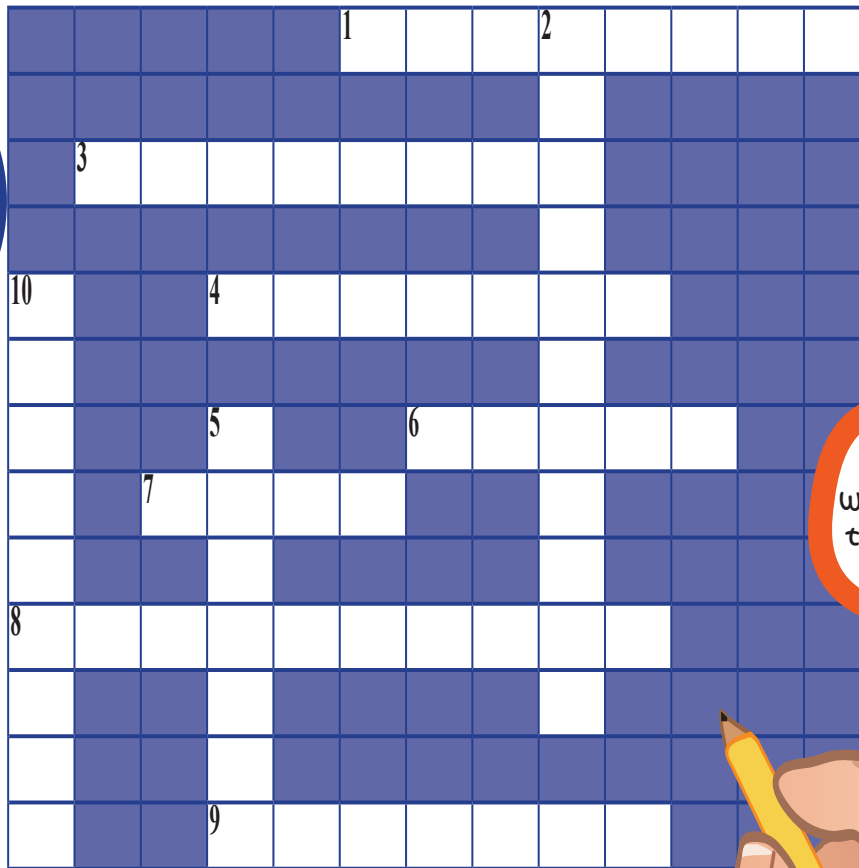
Makeup Make Over: If you wear makeup, apply eye makeup carefully, and don't overdo it. Many people get tiny objects in their eyes or develop allergies when putting on or wearing makeup.

CROSSWORD PUZZLE

Directions: Complete the Crossword Puzzle using the hints provided below.



Sometimes we forget things like our homework and birthdays, but here are some hints so that you don't forget about eye safety.



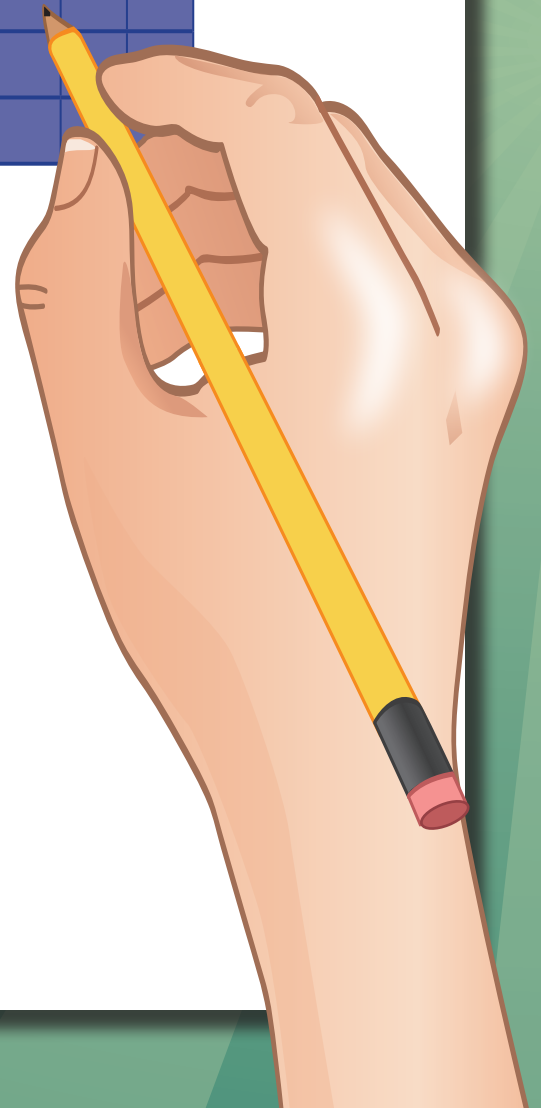
Think back on what we've learned to figure out each answer.

Across

1. A disease sometimes called the "sneak thief of sight"
3. A condition when the lens of the eye grows cloudy
4. Adults with diabetes should have one at least once a year
6. Eyes do this to keep from getting too dry
7. Be careful when playing with these because they can cause eye injuries, too
8. Use these to protect your eyes from ultraviolet A (UVA) and ultraviolet B (UVB) rays
9. An unhealthy behavior that can increase your risk of eye disease

Down

2. The type of sunrays that can damage your eyes
5. Best to wear these when playing basketball or baseball
10. Eye armor that keeps things out of your eyes



LIVE and LEARN HEALTH JOURNAL



Share what you would like to do this summer and how your plans for fun in the sun include the necessary UV protection.

Also, let's make a goal about eye safety. What can you do next month to set an example for proper eye safety for your family and friends? Share your goal and Action Items to achieve this goal next month in your journal, too.

JUNE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

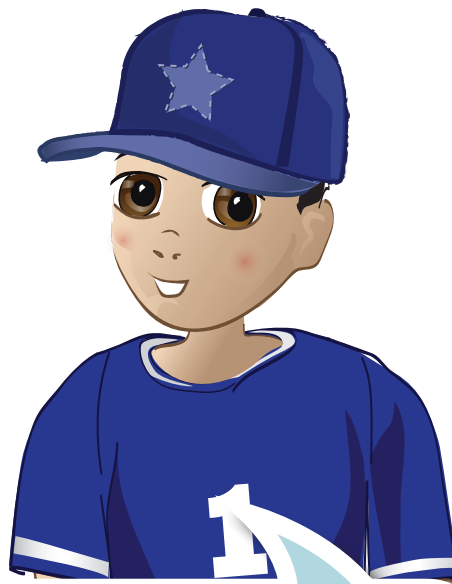
SUNDAY



DID YOU KNOW that June is **Fireworks Safety Month**? Most fireworks injuries occur during the one-month period surrounding the Fourth of July. Fireworks and celebrations go together, but there are precautions that you can take to prevent eye injuries. The best defense against suffering from severe eye injuries and burns is not to play with fireworks. Be a big help and keep things that could be dangerous to the eyes away from your brothers and sisters, as well as other children who are younger than you.

**eye
FAST
FACT**

Big Bang: An eye is one of the most common body parts to get injured in a fireworks accident.



eye FAST FACT

Rods and Cones: Light-sensitive cells in the retina include rods and cones. Rods let us see shape and movement. Cones combine three main colors—red, blue, and green—to let us see thousands of colors.

eye FAST FACT

My Eye: Your eye is always making tiny, jittery movements. Each time your eye moves, it receives new information. This continuous supply of new information helps you see images.



WORD SEARCH

Directions: Complete the Word Search using the list of terms provided below.

L	A	E	S	R	V	M	W	M	G	E	C	A	W	O
S	E	S	S	A	L	G	N	U	S	H	N	E	F	Q
Z	I	Q	Q	Z	J	R	M	A	X	O	Y	M	A	D
M	A	X	E	E	Y	E	D	K	O	E	I	I	M	Z
T	B	M	O	B	E	H	N	Z	P	M	Y	X	I	P
P	E	A	A	B	Z	J	U	R	D	T	A	Z	L	J
U	L	T	R	A	V	I	O	L	E	T	R	A	Y	S
T	O	Y	S	K	Z	T	R	U	G	D	J	F	H	V
L	H	Z	N	V	E	L	G	J	N	I	W	D	I	W
K	D	I	M	C	S	K	Y	R	I	A	T	R	S	N
S	L	S	T	V	L	Z	A	V	K	B	X	B	T	V
B	Q	I	S	B	T	D	L	Q	O	E	H	G	O	K
S	O	U	U	Q	O	R	P	B	M	T	K	Z	R	S
N	F	I	R	E	W	O	R	K	S	E	M	Y	Y	K
N	Y	Z	Z	X	Z	T	M	J	V	S	X	Z	Y	B

Have you ever played hide-and-seek? Let's have some fun with words.

Remember to do/use this and ask your family about it:

- BLINK
- FAMILY HISTORY
- SUNGLASSES
- EYE EXAM
- EYE PROTECTION

Remember to avoid or be careful with these:

- FIREWORKS
- SMOKING
- ULTRAVIOLET RAYS
- DIABETES
- TOYS
- PLAYGROUND

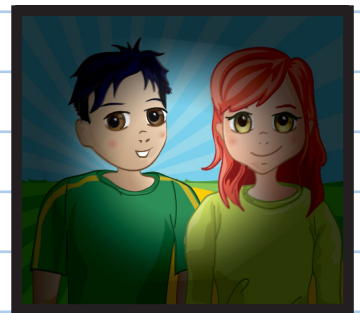


Look very carefully and see how many of the hidden words you can find.

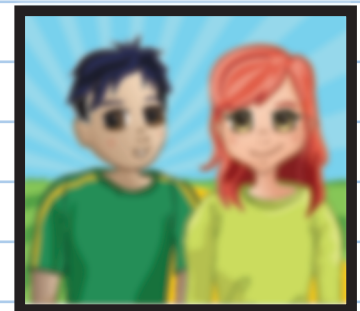
LIVE AND LEARN HEALTH JOURNAL



Normal



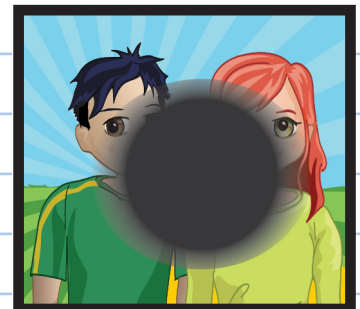
Glaucoma



Cataract



Diabetic retinopathy



Age-related macular degeneration



Look at the different eye disease simulations to the right to find out what it's like to see the same picture with normal vision, with glaucoma, with a cataract, with diabetic retinopathy, and with age-related macular degeneration. Note in your journal the differences in what you see in the pictures after you look at each simulation.

JULY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

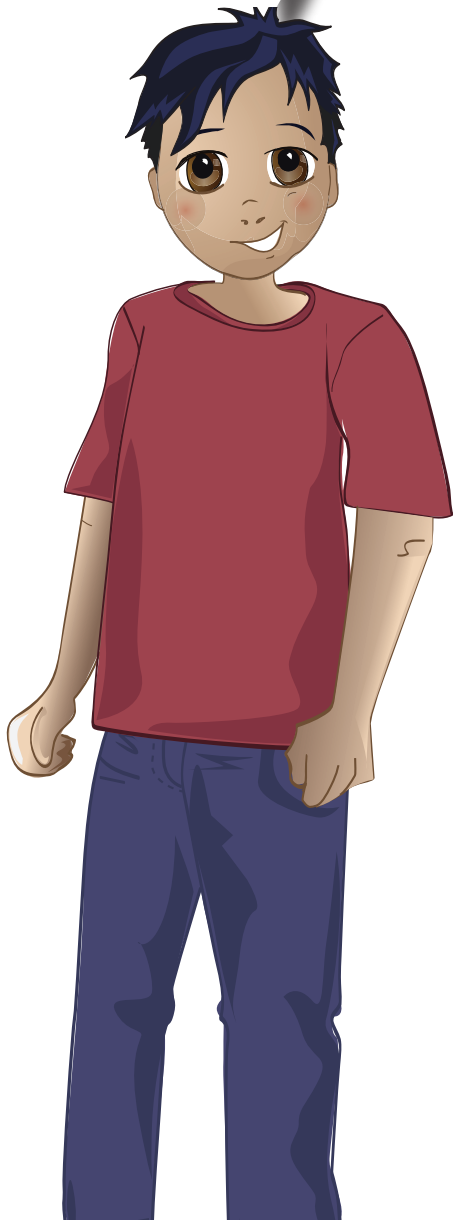
SUNDAY



DID YOU KNOW that July is **Ultraviolet Safety Month**? Going outside? Don't forget to slip on your sunglasses with the right ultraviolet (UV) protection. Sunglasses or a baseball cap can protect your eyes from harmful UV rays produced by the sun. Look for sunglasses that block at least 98 percent of both UVA and UVB rays. Be sure to protect your eyes with sunglasses even when it's cloudy, because UV radiation is just as bad on a cloudy day as it is on a sunny day.

**eye
FAST
FACT**

Size Wise: Each eye weighs $\frac{1}{4}$ ounce, measures less than 1 inch in diameter, and is shaped like a slightly flattened ball.



eye FAST FACT

Night Owl: Many animals have good night vision. For example, on a moonlit night, an owl can see a mouse moving more than 150 feet away.

eye FAST FACT

Lucky Lenses: Experts recommend ultra-strong polycarbonate lenses for eye protection. Make sure that they are used with sports-appropriate frames or goggles.



NOW WHAT DID WE JUST LEARN ABOUT EYE SAFETY?



Healthy Vision Reminders

- Eye injuries are the leading cause of blindness in children in the United States.
- Our eyes have some natural protection. Bony eye sockets protect our eyes from getting hit; eyebrows keep some light out of our eyes; and eyelids and eyelashes keep tiny things, like dust particles, out of our eyes.
- Remember your eye safety tips.

May Eye Fast Facts

- Fact—Eyes do not wear out. You can use them as much as you want.
- People sometimes have red eyes in photographs, especially those taken with a flash, because light reflects off of the retina.
- If you wear makeup, apply eye makeup carefully, and don't overdo it. Many people get tiny objects in their eyes or develop allergies when putting on or wearing makeup.

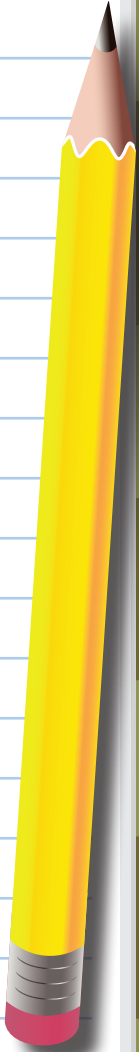
June Eye Fast Facts

- An eye is one of the most common body parts to get injured in a fireworks accident.
- Light-sensitive cells in the retina include rods and cones. Rods let us see shape and movement. Cones combine three main colors—red, blue, and green—to let us see thousands of colors.
- Your eye is always making tiny, jittery movements. Each time your eye moves, it receives new information. This continuous supply of new information helps you see images.

July Eye Fast Facts

- Each eye weighs $\frac{1}{4}$ ounce, measures less than 1 inch in diameter, and is shaped like a slightly flattened ball.
- Many animals have good night vision. For example, on a moonlit night, an owl can see a mouse moving more than 150 feet away.
- Experts recommend ultra-strong polycarbonate lenses for eye protection. Make sure that they are used with sports-appropriate frames or goggles.

LIVE and LEARN HEALTH JOURNAL

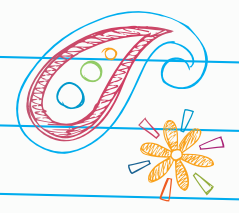


It's been great sharing this journey with you. We've learned so much about our eyes over the past year. Please share what you've learned about healthy vision; healthy eyes; eye diseases, early detection, and treatment; and eye safety.



How do you plan on using this information in your life? How do you think it will change the way you treat your eyes as you grow older?

Goodbye



NOTES PAGES



Well, this is your last notes page. We've learned a lot on our journey, but it is up to you to apply what you've learned.

GLOSSARY

Age-Related Macular Degeneration (AMD) (**age-ree-lay-ted mack-yoo-ler dee-gen-er-RAY-shun**) is the leading cause of blindness in older adults. AMD gradually destroys the macula, which provides sharp, central vision needed for seeing objects clearly.

A **cataract (KAT-uh-rakt)** forms when the lens of the eye grows cloudy. The cloudy lens can be replaced with a plastic lens in a usually safe and successful surgery.

The **cornea (KOR-nee-uh)** is the clear outer part of the focusing system that is located at the front of the eye.

Diabetic retinopathy (die-uh-BEH-tic reh-tin-AHP-uh-thee) is a diabetic eye disease caused by changes in the blood vessels of the retina. It is the leading cause of blindness in adults. Treatments that can prevent serious vision loss include medication, lasers, and/or surgery.

Eyelash (I-lash) is the fringe of hair edging the eyelid; they close to keep particles, like dust, out of your eyes.

The **eyelid (I-lid)** is the skin-covered structure that protects the front of the eye. It limits light entering the eye and spreads tears over the cornea.

The **fovea (FOH-vee-uh)** is the center of the macula, which gives the sharpest vision.

Glaucoma (Glaw-KOH-muh) is called the “sneak thief of sight” because it does not give any warning signs of loss of vision. It is a group of diseases that damage the optic nerve and can cause vision loss and blindness. Glaucoma can be treated with medication, lasers, and/or surgery.

The **iris (I-ris)** is the colored part of the eye; it regulates the amount of light entering the eye.

The **lens (LENZ)** is the clear part of the eye behind the iris that helps to focus light on the retina. It allows the eye to focus on both far and near objects.

Low vision (loh vizh-uhn) means that even with regular glasses, contact lenses, medicine, or surgery, people find everyday tasks difficult to do. Reading the mail, shopping, cooking, seeing the TV, and writing can seem challenging.

The **macula (MACK-yoo-luh)** is the small, sensitive area of the retina that gives central vision. It contains the fovea.

An **optician (ahp-TISH-un)** is a trained professional who grinds, fits, and dispenses glasses by prescription from an optometrist or ophthalmologist.

The **optic nerve (OP-tic nurv)** is the bundle of more than 1 million nerve fibers that carry visual messages from the eye to the brain.

The **pupil (PYOO-pul)** is the opening at the center of the iris. The iris adjusts the size of the pupil and controls the amount of light that can enter the eye.

The **retina (REH-tin-uh)** is the light-sensitive tissue lining the back of the eyeball. It sends electrical impulses to the brain.

The **sclera (SKLEH-ruh)** is the tough, white outer coating of the eye.

UV means **Ultraviolet (uhl-truh-vahy-uh-lit)**. The sun produces radiation that we see as light. But it also produces invisible radiation called UV or ultraviolet radiation. Ultraviolet radiation may contribute to the development of eye diseases and conditions such as macular degeneration and cataract.

The **vitreous humor (VIT-ree-us HU-mur)** is the clear gel that fills the inside of the eye.

ANSWER KEY

Healthy Vision

Healthy Vision Word Mix

Possible answers are:

Health	Heal
The	Seal
Stealth	Veal
Hen	Hail
Teal	Tan
Ton	Sat
Set	Then
Salt	Than
This	Visit

Healthy Vision Word Scramble

Possible answers are:

Baseball
Health
Protection
Vitamin A
Examination
Sports
Safety
Compress
Water

Healthy Eyes

Write It Out—Sentence Stems

Possible answers are:

1. my room, my family, my clothes, etc.; they make me happy, etc.
2. the trees, the park and the basketball court, the cars, etc.
3. red, blue, green, etc.; my sports uniform is red, my eyes are blue, my bike is green, etc.
4. my friends, my teachers, the board; they make me laugh, they help me, I need to write down my assignments, etc.
5. sports goggles, eye protection, a face mask; they protect my eyes, it keeps my eyes safe, it shields my face, etc.

ANSWER KEY

(continued)

Eye Disease, Early Detection, and Treatment

Mad Libs

Possible answers are:

- | | |
|-------------------------------|---------------------------------|
| 1. Sports, Game, Baseball | 15. Water, Gatorade, Juice |
| 2. Ran, Went, Walked | 16. Threw, Put, Placed |
| 3. Playground, Park, Court | 17. Trash can, Bag, Recycle bin |
| 4. Play, Practice | 18. Play, Practice, Drill |
| 5. Favorite, After-school | 19. Good, Skilled, Competitive |
| 6. Captain, MVP, co-captain | 20. Close, Tied, Blow-out |
| 7. Captain, MVP, co-captain | 21. Basketball, Ball, Puck |
| 8. Team, Group | 22. Head, Face, Arm |
| 9. Ball, Puck | 23. Fifteen, Ten, Thirty |
| 10. Tall, Fast, Good | 24. Rain, Snow, Storm |
| 11. Three, Two, Six | 25. Backpacks, Bags, Equipment |
| 12. Awesome, Amazing, Perfect | 26. Ran, Dashed, Raced |
| 13. Thirty, Forty-Five, Ten | 27. Dry, Covered, Safe |
| 14. Snacks, Munchies, Fruits | 28. Game, Practice, Drill |

Eye Safety

Crossword Puzzle

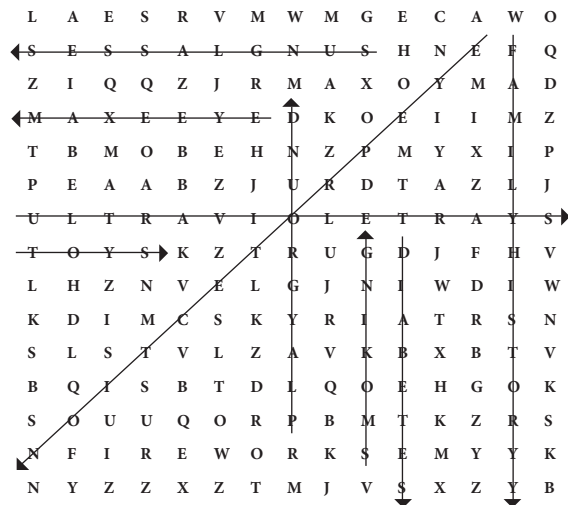
Across

1. Glaucoma
3. Cataract
4. Eye Exam
6. Blink
7. Toys
8. Sunglasses
9. Smoking

Down

2. Ultraviolet
5. Goggles
10. Eyelashes

Word Search





Thank you for
joining us on our
Healthy Vision
journey!



For more information and to order other healthy vision resources, visit <http://Catalog.nei.nih.gov/>.

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Revised 8/2012