

Health & Vision NEWS for Kids



Marshall B. Ketchum University | 2575 Yorba Linda Blvd., Fullerton, CA 92831 | www.ketchum.edu

Parents' Corner:

Important New Study –

**Does your child qualify?
Special opportunity for 9-14 year olds
who struggle with reading
and/or attention problems**

We are participating in a new research study funded by the National Eye Institute (NEI) which is part of the National Institutes of Health (NIH) that can benefit some children that have reading and attention problems who have a specific type of eye coordination problem (convergence insufficiency). Participants in this study will receive treatment at no cost to them.

**Email us for details:
sparker@ketchum.edu**

Important Notice from the Physician's Assistant:

INTRODUCING A FUN ALTERNATIVE TO THE FLU SHOT — THE FLU MIST

Getting the flu is not fun—especially when your entire family has it. High fevers, body aches and the kids can't go out and play. The best prevention is a flu shot, but did you know that there is now a *spray* instead of a shot? The "flu mist" or "nasal spray vaccine" is a simple spray that goes up your child's nose. There are no needles. Talk to your health care provider to see if the flu mist is right for your kids.

About Marshall B. Ketchum University

The mission of Marshall B. Ketchum University is to educate caring, inspired health care professionals who are prepared to deliver collaborative, patient-centric health care in an interprofessional environment. MBKU owns and operates two premier eye and vision care centers – University Eye Center at Fullerton and University Eye Center at Los Angeles.

To receive this newsletter via email,
please email: cbarnhardt@ketchum.edu

Do you know that some types of vision problems can make it hard to read?

If you have trouble seeing the words on the board in school that could mean you may need to wear glasses. But, if you have trouble with reading, it could also mean you may have a vision problem.



Sometimes the print can look double like this:

*Jack and Jill went up the hill
to fetch a pail of water.....*

And sometimes it can even look like it is moving on the page. This happens when you have a problem with how your two eyes work together. This is called convergence insufficiency.

Be sure to tell your parents if:

- your head or eyes hurt when you read
- words get hard to see or seem blurry or
- you lose your place when you're reading

Reading should be fun. If it isn't ask your parents if you can see an Optometrist at the University Eye Center.

What do germs look like?

Germs come in all shapes and sizes. But most germs you can't see unless you have a microscope, which is like a special kind of magnifying glass.



Germs—Can they really make you sick?

Yes. Germs most definitely can make you sick. Your best protection against germs is to wash your hands before you touch your face, mouth or eyes and also to make sure you get enough sleep.

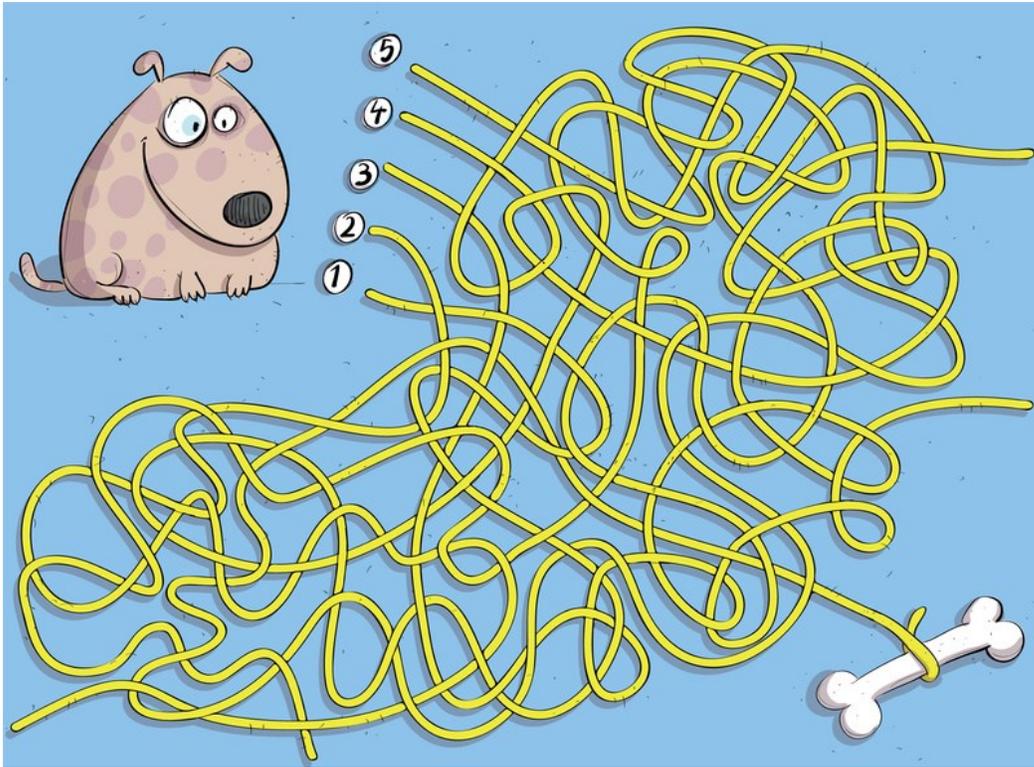
And, if you get sick, you definitely don't want to spread your germs so be sure to wash your hands, use hand sanitizer and cover your cough or sneeze with your sleeve.

Stay healthy, be well and have fun!



Having Fun with Our Eyes

When we read, we use our eyes a lot. Our eyes have to move different ways—for example they move from left to right as we read along a line of print. In addition, we have to be able to understand what we are looking at. This includes being able to remember what we have looked at and being able to identify things that look the same and those that look different. Here are some fun activities to help you improve some of the visual skills that are needed for reading and learning.



**Help
Spot Get
to His
Bone**

For a harder challenge, try doing this without touching the page or using your finger.



**How fast can you
find these tools?**