

# Health & Vision NEWS for Kids



Marshall B. Ketchum University | 2575 Yorba Linda Blvd., Fullerton, CA 92831 | [www.ketchum.edu](http://www.ketchum.edu)

## Parents' Corner:

There is a lot of concern for children who have multiple head injuries because they are at risk for more concussions. A recent study found that 85% of concussions go undiagnosed. The reason this happens is because you do not have to lose consciousness to have a concussion.

Vision problems can be a sign that your child may have had a concussion. If your child has had a head injury be sure to schedule an appointment at the University Eye Center at Fullerton.

## Important Notice from the Physician Assistants:

Kids who have asthma or eczema are more likely to have allergies. But that doesn't mean they can't enjoy a spring day! Certain allergy medicine can help stop or even prevent allergy symptoms. Allergy medicine comes in liquid, pills, eye drops, and even nasal spray.

If you think your child has allergies, talk to your Physician Assistant at your pediatrician's office about what kind of allergy medicine might be right for your child.

### 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. The University Eye Center at Fullerton will move to MBKU's newest facility, Ketchum Health, at 5460 E. La Palma Ave., Anaheim in 2016.

## A Bump on the Head Could Be Worse Than You Think

Falling off a bike or getting bumped in the head could be more of a problem than you think, even if it doesn't hurt anymore. If you bump your head, you may have problems with your vision:

- Do things ever look blurry?
- Do you sometimes see two words or two objects instead of one?
- Do you bump into things a lot?
- Do you get headaches often?



If you have recently bumped your head and have problems with any of the above, be sure to let your parents know so they can get it checked out.



### Always protect yourself.

Wear a helmet, sports goggles, and protective gear to keep your head, eyes and whole body safe when you are on the go.

## Spring is in the Air, Allergies Beware!

It's that time of year when the grass is growing, flowers are blooming, and running around at the park is a lot of fun! But did you know that grasses, weeds and trees can release something called "pollen" that can make your eyes itch? It is called an allergy when your eyes itch like that.



Do you have a runny nose? Itchy watery eyes? Do you sneeze a lot? If this happens to you, you may have an allergy.

Be sure to tell your parents so they can talk to your healthcare provider. Your healthcare provider may be able to give your parents some special medicine to help you feel better.

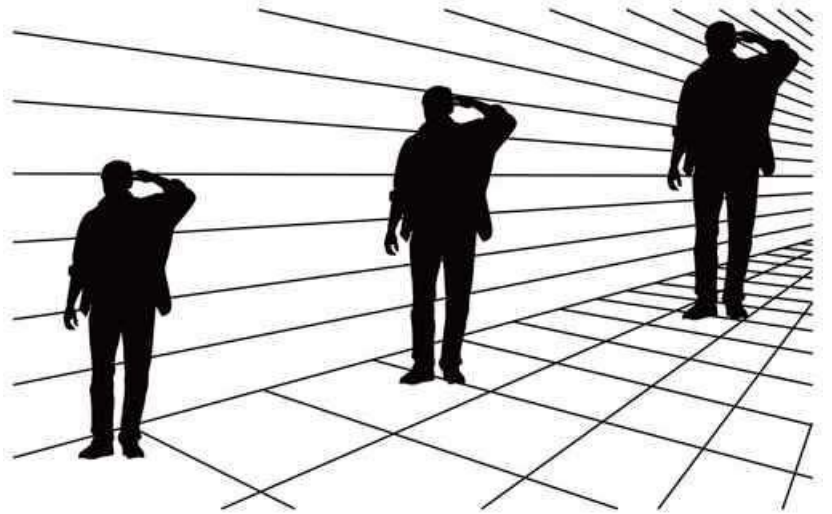


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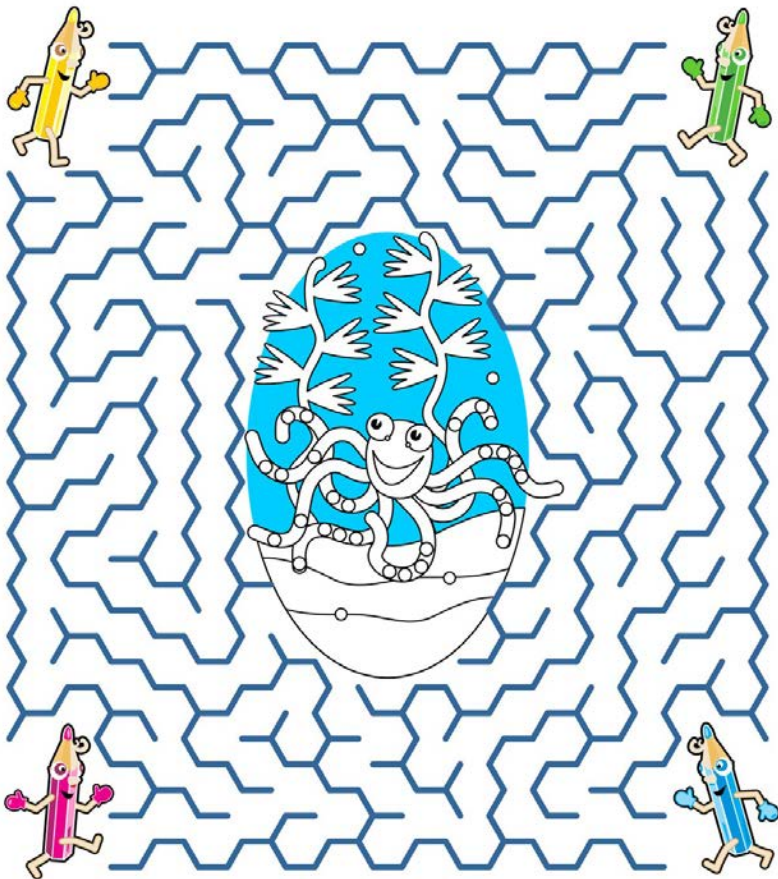
## Having Fun with Our Eyes

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.

**Are all  
three of  
these men  
the same  
size?**



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



**Help each  
pencil find the  
way to the  
middle of the  
maze and color  
the octopus,  
seabed and  
algae.**