

Franklin Jr./Sr High School Reading Article

9 Worst Eye Mistakes You're Making

Reading Strategy for the Article: Students will take turns reading aloud. Mark the text and write in the margins as you read.

1100L

Instructions: COMPLETE ALL QUESTIONS AND WRITE NOTES in the margin box. This requires reading of the article more than once.

Step 1: Skim the article using these symbols as you read:

(+) agree, (-) disagree, (*) important, (!) surprising, (?) wondering

Step 2: Number the paragraphs. **Read** the article **carefully** and **make notes in the margin**.

Notes should include:

- Comments that show that you **understand** the article. A summary or statement of the main idea of important sections may serve this purpose.
- Questions you have that show what you are **wondering** about as you read
- Notes that differentiate between **fact** and **opinion**.
- Observations about how the **writer's strategies** (organization, word choice, perspective, support) and choices affect the article.

Step 3: A final quick read noting anything you may have missed during the first two reads.

Your margin notes will be assessed by your teacher along with your answers to the questions.

9 Worst Eye Mistakes You're Making

You rely on them from the moment you wake up to when you turn off the lights at night. But are you really giving your eyes the care they deserve? We talked to Deeba Chaudri, OD, a New York City-based optometrist with LensCrafters, about her patients' biggest eye care bloopers. Here's what not to do to make sure your vision stays healthy.

SLEEPING IN CONTACT LENSES

There are two types of contacts that are FDA-approved for overnight wear, but even those can be risky. In fact, an American Academy of Ophthalmology study revealed that the risk of developing a corneal ulcer is 10 to 15 times greater in extended-wear contact lens users than those who only wear their contacts during the day. And don't even think about sleeping in any other type of contact lens. "You're depriving your corneas of oxygen, and that's a great way to cause infection and encourage bacteria to grow," Chaudri says. It's fine to take a 20-minute nap in your contacts, she says, but it's safer to take them out beforehand—just in case you oversleep! If you do wake up in your lenses, don't try to take them out right away; if your eyes are dried out, you could actually pull the top layer of your cornea away with them. Instead, wait 20 to 30 minutes and lubricate with artificial tears before you remove the contacts.

TOUCHING AND RUBBING YOUR EYES

Whether you wear contacts or not, you're asking for trouble by unnecessary poking and rubbing your eyes. Rubbing too hard can also lead to broken blood vessels and inflammation. Another reason to keep your hands off? Your eyes are protected by mucous membranes—moist tissue that can easily collect dirt and germs—so they're a great place for bacteria to grow. "If you shake someone's hand and then you rub your eyes, you're transmitting those germs and there's a good chance you can catch whatever cold he's got."

Notes on my thoughts, reactions and questions as I read.

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NOT GETTING ANNUAL EYE EXAMS “A lot of first-time patients tell me „I haven’t had an eye exam in 12 years because my vision was 20/20 the last time I was checked,” Chaudri says. Vision changes aren’t even the most important reason you should still see an eye doc every year, she says. “It’s about getting your overall eye health checked out: There are no pain receptors behind the eye, so if you have a broken blood vessel or a tumor back there, you would otherwise not know it until it starts to interfere with your vision, or worse.”

STARING AT DEVICES ALL DAY (AND NIGHT) Electronic screens, like those on our computers, tablets, and smartphones, emit blue light, which some eye doctors believe to be as harmful as the sun’s ultraviolet rays. Plus, focusing on anything for hours on end can cause eye strain and headaches. Follow the 20-20 rule: For every 20 minutes you look at a screen, take a 20-second break to look into the distance, refocus your eyes on something else, and make a conscious effort to blink.

APPLYING EYELINER TO YOUR WATERLINE Even though makeup artists often swear by putting liner on the inside of your lower lashes, Chaudri says it’s actually quite risky. “When you put liner inside your eye, you’re mixing it with your tears,” she explains. If you’re wearing contacts, your lenses then get coated in tiny makeup particles, which can deprive your eyes of oxygen.

SLEEPING IN YOUR MAKEUP Hitting the sack without washing your face can do more than leave mascara stains on your pillow; it can also clog the glands around your peepers and lead to irritated skin, pimples, and even styes—painful, raised bumps that can appear on or around the eyelids.

USING EXPIRED SOLUTION, LENSES, OR DROPS There’s nothing wrong with saving a slightly-past-its-prime bottle of contact lens solution, right? Actually, there could be. “These solutions have cleansers that kill bacteria on your lenses, so you want to make sure all of those ingredients are still doing their job,” Chaudri says. Artificial tears and prescription eye drops also have expiration dates. Definitely don’t rinse your contact case or store contacts in any liquid that’s not sterile, like tap or distilled water; both have been associated with *Acanthamoeba keratitis*, a drug-resistant corneal infection.

RELYING ON REDNESS-REDUCING DROPS “My biggest pet peeve is the overuse of redness-reducing eye drops,” Chaudri says. The kinds you buy in the drugstore contain vasoconstrictors, which shrink blood vessels and temporarily make your eyes appear less red. “But they also contain preservatives and other chemicals that can make your problem even worse in the long run.”

NOT WEARING SUNGLASSES YEAR-ROUND “A lot of people think sunglasses are only for the summer, or that they’re only for fashion purposes,” Chaudri says. “But wearing them in the winter can be even more important because the sun reflects off the snow.” Failing to wear proper UV protection can result in corneal burns, skin cancer on the eyelids, and visible spots on the whites of the eyes. Make sure your glasses provide protection against UVA and UVB rays, advises Chaudri, and wear them whenever you’re out in the sun.

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Comprehension Questions— you may answer in phrases.

1. What is the author referring to when using the pronoun “them” in the first line of the article?
2. What element is necessary for healthy eye care? (hint: the author mentioned depriving the eye of this element several times in the text.)
3. Define “styles” as used in the article.
4. Name the optometrist cited in the article, the city in which she works, and the company she works for.
5. Define **cornmeal** as used in the text.

Answer the following questions in one or more complete sentences.

1. To what is the author referring to when mentioning that something is drug-resistant?
2. What are five possible results of wearing contact lenses too long?
3. Explain the 20-20 rule. By means of inference, how does the name of this rule relate to the eye?