

Message Report

Generated: 04/03/2024 at 08:51 PM by Stephen Cooke

Number of messages: 1

Timezone: Australia/Brisbane

Parents: Stephen Cooke, Heather Cooke

Child(ren): Christian Cooke, Joshua Cooke

Third Party:

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Message 1 of 1

Sent: 03/24/2024 at 04:20 PM
From: Stephen Cooke
To: Heather Cooke (*First Viewed: 03/24/2024 at 05:40 PM*)
Subject: Re: Christian eye check

Thank you for the update. A blue light filter couldn't hurt but I question regarding prolonged exposure to magnification for his eyesight. Watch for headaches

Also check he is drinking enough water during the day. Out of the two boys, he is the one who usually came home with a full water bottle after school every day and dehydration can certainly cause blurry vision too. He loves the soda stream for bubble water. Perhaps consider picking up a soda stream so you can make bubble water for the boys. Both kids absolutely love it!

Eye drops like Visine can cause blurry vision as well especially if used too frequently. The quick fix for that is to obviously discontinue use for a few days and manage in the interim by splashing luke warm water in his eyes when they are bothering him or have him take a shower but check he washes his face, chin up to shower head and check the water isn't too hot. Both boys like to crank the heat right up for some reason when in the shower to max heat and not actually get under the shower head, like they're enjoying a sauna, lol. I have to micro manage they're showers to ensure they bathe properly.

If that doesn't clear it up discontinue allergy drops and consider over the counter sterile drops for conjunctivitis. The use of frequent allergy drops can mask the symptoms of bacterial conjunctivitis making it more tricky to spot.

I would dispose of the allergy drops I have when I have these issues and get replacements.

Clean pillowcases obviously and if he's been around animals you know what to do.

Speaking from my own personal experience with my allergies, a commonality Christian and I share than can cause blurry vision.

Stephen.

On 03/24/2024 at 02:31 PM, Heather Cooke wrote:

To: Stephen Cooke (*First Viewed: 03/24/2024 at 03:19 PM*)
Subject: Christian eye check

Hi,

Christian has been complaining of blurred eyes in the evenings when reading. I took him for an eye check today. His vision is normal.

He tried some glasses with magnifying lens' which will relieve any fatigue. The optician stated this would not impact on his vision either way. He quite liked them so I've ordered a pair. They have a feature with blue light so he can use them on his devices.

Heather