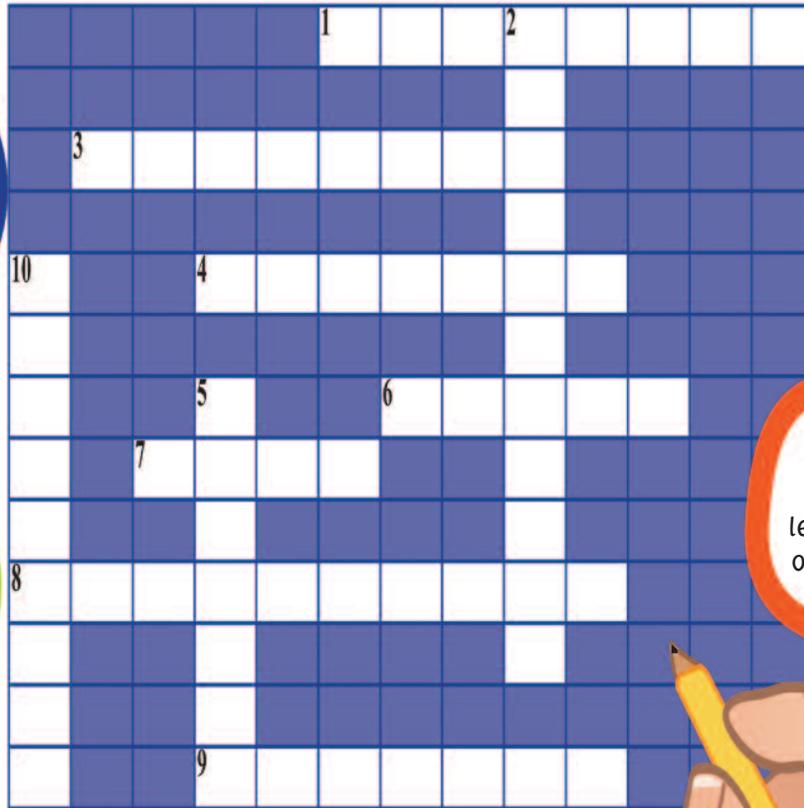




Crossword Puzzle

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

Glossary

Age-Related Macular Degeneration (AMD) (**age-ree-lay-ted mack-yoo-ler dee-gen-er-RAYshun**) 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.