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Home Eye Care Eye Eye Exams | En Francais by Liz Segre; reviewed by Gary Heiting, OD During an eye test, your ophthalmologist will use a letter chart (eye chart) to measure how well you see objects at least 6 feet away. This is called a visual acuity test at a distance. If you have not had an eye exam recently, click here to find an ophthalmologist near you. The classic example of an eye chart is Snellen's eye chart, developed by Dutch ophthalmologist Hermann Snellen in the 1860s. There are many variations of Snellen's eye chart, but in general they show 11 lines of capital letters. The top line typically contains only one letter (usually the letter 'E'). The other lines contain progressively smaller letters in size, with more letters per line. Download a snellen eyechart and instructions for use here. During an eye exam, your ophthalmologist will ask you to find the smallest line of text letters you can make, and ask you to read it. If you can read the bottom line of letters, your visual acuity is very good. What 20/20 vision means in an eye testThe standard placement of the eye chart is on a wall that is 6 meters away from your eyes. As many doctors' offices do not have rooms 20 meters long, in a smaller room the eye chart can stand behind the patient's chair, using mirrors to make it appear in front of you at a simulated distance of 20 feet.20/20 vision is considered normal vision, which means that if you can read the 20 feet the smaller letters on the eye chart that a person with normal vision should be able to read. Eye charts can be configured in several ways, but generally, if during an eye test you can read the large E at the top, but none of the letters lower than that, your visual acuity is considered 20/200. This means that you can read at 6 meters a letter that a person with normal vision can read at a distance of 60 meters. So the 20/200 visual acuity is very bad—about 10 times worse than normal vision. In some countries, visual acuity measurements are expressed in meters and not in feet. In these cases, the normal test distance is 6 meters, and a visual acuity result of 6/6 is comparable to the visula acuity of 20/20 measured in feet. Tumbling eye chart And other times, a standard Snellen eye chart cannot be used. An example is when the person who takes the eye test is a child who does not know the alphabet or is too shy to read letters aloud. Other examples include when the person is illiterate or has a disability that makes it impossible for him to cognitively recognize letters or read them aloud. In these situations, a modification of the Snellen eye chart can be used Tumbling E. The Falling E chart has the same scale as a standard Snellen eye chart, but all characters on the chart are a capital letter E, in different spatial orientations (rotated in 90-degree increments). The ophthalmologist asks the person tested to use any hand (with fingers extended) to show in which direction the fingers of the E are pointing: right, left, up, or down. Studies have shown that visual acuity measurements using an E falling chart are pretty much the same as those obtained from tests with a standard Snellen eye chart. Download a Tumbling E eye chart and instructions for use here. Close visual acuity: Jaeger eye chartTo assess your near vision, your ophthalmologist can use a small portable card called Jaeger eyeschart. The Jaeger chart consists of short blocks of text in various type sizes. The original jaeger chart was developed in 1867 and contained seven paragraphs, each printed at a successively smaller font size. The smallest paragraph you can read while holding the chart approximately 14 inches apart determines your close visual acuity. Since then, there have been several modifications of the Jaeger chart (or Jaeger card) by different manufacturers. Unfortunately, modern Jaeger graphics are not standardized, and the actual sizes of the letters on different Jaeger cards may vary slightly. The type scale on a modern jaeger eye chart usually ranges from J10 (approximately 14 points for times new roman font) to J1 (approximately 3 points type, Times New Roman). Some Jaeger charts have an additional paragraph labeled J1+ that can be even smaller than the J1 block of text. Paragraph J1 on a Jaeger plate is typically considered the equivalent of near 20/20 visual acuity vision on an eyechart away. On some Jaeger cards, paragraph J1+ is the equivalent of 20/20. The common journal usually varies in size between J7 (type 10-pt) and J10 (type 14-pt), which are equivalent to 20/70 and 20/100 in an ocular distance chart. A jaeger eye chart can be used in two different ways, depending on what your ophthalmologist is trying to measure:O Graph is kept at a specified reading distance (such as 14 inches) and you are prompted to read the passage with the smallest type you can see. The chart is moved back and forth until you are able to read a certain type size. Download a jaeger near the visual acuity chart and instructions for use here. Limitations of Eye Chart eye charts measure only visual acuity. They help your ophthalmologist find out if you need prescription glasses or contact lenses for your vision away. But good results in a visual acuity test do not guarantee that your eyes are healthy. Eye charts do not measure your peripheral vision, depth perception, color perception, or ability to perceive contrast. And they don't measure items related to your eye health, such as eye pressure, if you have glaucoma, how your eyes are or if your retinas are in good shape. So the eye chart test is just a component of a full eye exam, which you should have every one or two years. A chart is a useful way to visually transmit information in a Microsoft Word Word Different versions of Word support different methods for converting data to a Word table. Here's how to turn data into a table into a visually significant chart. The instructions in this article apply to Word for Microsoft 365, Word 2019, Word 2016, Word 2013, and Word 2010. In older versions of Word, right-click a table to automatically convert it to a chart. In newer versions of Word, when you create a chart, a separate Excel tool appears. Here's how to use it: If you have a lot of data to map, create the chart in Excel instead of making a Word table. If the chart needs regular updating, this is the best way to ensure that it always reflects the latest numbers. Create the table in Word. Make sure that the data aligns in rows and columns. Highlight and copy the entire table. Place the cursor where you want to insert the chart. Go to Insert > Chart and choose a chart template. Select OK to add the chart to your document. In the Excel window that appears, paste your data. The chart is automatically updated with the new information. Modify the data as needed to format the chart the way you want. When you're done, close the Excel window. After you create your chart, select Layout options to organize the chart in your document. The process for creating a chart in Word 2010 is different from the one described above. Here's how to: Go insert > Illustrations > Chart. Select the type of chart you want and select OK. Enter or copy the data in Excel 2010. If Excel 2010 is not installed, Microsoft Graph opens. Organize your children's household responsibilities with our free printed task charts and learn helpful tips for using them correctly. Even children up to 2 years old can help at home. The secret? Parents should present tasks in a way that makes the little ones feel they are contributing to the family, says Robert Billingham, Ph.D., a human development specialist at Indiana University in Bloomington. When setting the dining table, for example, children see that they are important and necessary—both build their self-esteem. The tasks also help children develop a sense of responsibility. Says Dr. Billingham, and teach important skills like time management. RELATED: Proper tasks for children So how do you keep your family on track with household duties? Many experts recommend a daily or weekly task chart. These charts help children remember what responsibilities need to be done and give an incentive to finish tasks—especially if you have a reward system in place. Continue reading for tips on how to implement a of successful tasks for children, with three free options to print at home. Consider your son's age. Tasks should increase in difficulty as your child ages. A preschool chart, for example, can include simple tasks like brushing your teeth and cleaning toys. An interpolation chart could fold clothes, cinho sheets, set the table or living room to vacuum as potential tasks. Be sure to adjust the charts regularly, based on your child's skills and times. Give instructions. If your child is in preschool or high school, you should explain each task on your organization chart, making sure that they can complete it independently. Also realize that mistakes are inevitable, says Dr. Billingham, and patience is the key. RELATED: 7 Great Tasks for Kids Deciding on Rewards. Many experts suggest postponing the rewards until elementary school or later; Younger children are often motivated by compliments alone. When you implement incentives, it's usually best to link the payment to your weekly or monthly overall contribution, so your kids don't expect bonus points every time they chip in. Rewards can be anything from screen time to money to a pizza party. Print the task chart for children. After you print the task chart, hang it somewhere accessible, such as the refrigerator or bulletin board. Children can use the chart for reference throughout the day and mark tasks as completed with check marks, stickers, or any method you want. Consider apps for older children. Downloadable task charts work great for school children, but teens and teens may not respond to these old-fashioned organizing methods. Instead, parents can easily make digital task charts with

Cozi, a free app that syncs between your family's devices. Children can check the tasks they complete at Cozi, and parents can virtually track their progress. Cozi has several other functions as well; for example, parents can create to-do lists and shopping lists, a shared family calendar, a recipe database, and a family journal. The app helps your family stay organized despite everyone's busy schedule. Click here to learn more about Cozi. (Free; iPhone, iPad, Mac, Windows, Android). RELATED: The right way to set up a child reward system teaches kids how to handle responsibility with these three printable task charts. Download the best option for your family, hang it somewhere handy and let your household duties begin! DOWNLOAD HERE Fill in tasks unique to your family in the available blanks. Mark them as complete with stickers, stars or check marks. This task chart helps families plan what should be done each day of the week, and simplifies the completion follow-up process. DOWNLOAD HERE Need help designating tasks? This divides age-appropriate responsibilities, with blanks to fill tasks of your choice. DOWNLOAD HERE This task chart template contains instructions on how to organize a colorful system for different children. You will need supplies like a dry sandp, markers, sticky notes, and a ruler. This chart is easy to customize based on your family preferences. Preferences. Preferences.

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