

STOP \_\_\_\_\_ your \_\_\_\_\_ and  
START \_\_\_\_\_ your \_\_\_\_\_

Kraskin Invitational Skeffington Symposium on Vision  
16-18 January 2010

Alan G. Toler OD, FCOVD  
Richmond, VA

- STOP \_\_\_\_\_ your \_\_\_\_\_ and  
START \_\_\_\_\_ your \_\_\_\_\_
- Changing an Old Wives Tale

# What is An Old Wives Tale?

- An **old wives' tale** is a type of [urban legend](#), similar to a proverb, which is generally passed down by old wives to a younger generation. Such 'tales' usually consist of superstition, folklore or unverified claims with exaggerated and/or untrue details. Today old wives' tales are still common among children in [school](#) playgrounds. Old wives' tales often concern [pregnancy](#), [puberty](#) and [nutrition](#).<sup>[1]</sup>

# EATING CARROTS IMPROVES YOUR VISION

- **The tale started during World War II. The British used the tale to say that their soldiers who were trained in finding enemy planes were eating carrots to help them see the planes better. They made up the lie so that their invention of radar could remain secret, therefore, giving them an upper hand in the war.**

# Carrots, baby, raw

- Nutrition Facts

- Serving size 15 g
- Calories 5                      Calories from Fat 0
  - % Daily Value
- Total Fat 0g
  - Saturated Fat 0g
  - Trans Fat
- Cholesterol 0mg
- Sodium 12 mg
- Total Carbohydrate 1g
  - Dietary Fiber 0g
  - Sugars 1g
- Protein 0g
- Vitamin a 41%, Vitamin C 1%, Calcium 0%, Iron 0%

# Carrots, baby, raw

- **NutritionData's Opinion**

- **NUTRITION DATA'S OPINION** Nutrition Data awards foods 0 to 5 stars in each of three categories, based on their nutrient density (ND Rating) and their satiating effect (Fullness Factor™). Foods that are both nutritious and filling are considered better choices for [weight loss](#). Foods that are nutritious without being filling are considered better choices for healthy weight gain. Foods that have more essential nutrients per calorie are considered better choices for optimum health.

Nutrition Data also indicates whether a food is particularly high or low in various nutrients, according to the dietary recommendations of the FDA.

[Read more about Nutrition Data's opinion](#)

- **Weight loss: 5 stars**
- **Optimum health: 4.5 stars**
- **Weight gain: 2 stars**
- **The good:** This food is very low in Saturated Fat and Cholesterol. It is also a good source of Vitamin C, Vitamin B6, Folate, Pantothenic Acid, Iron, Potassium and Copper, and a very good source of Dietary Fiber, Vitamin A, Vitamin K and Manganese.

**The bad:** A large portion of the calories in this food come from sugars.

# Carrots, baby, raw

- **Minerals** Amounts Per Selected Serving %DV
- **Calcium** 4.8 mg 0%
- **Iron** 0.1 mg 1%
- **Magnesium** 1.5 mg 0%
- **Phosphorus** 4.2 mg 0%
- **Potassium** 35.6 mg 1%
- **Sodium** 11.7 mg 0%
- **Zinc** 0.0 mg 0%
- **Copper** 0.0 mg 1%
- **Manganese** 0.0 mg 1%
- **Selenium** 0.1 mcg 0%
- **Fluoride** ~

# World Carrot Museum

- [Carrotmuseum.com](http://Carrotmuseum.com)

Carrots are credited with many medicinal properties; they are said to [cleanse](#) the intestines and to be diuretic, remineralizing, antidiarrheal, an overall tonic and antianemic. Carrot is rich in alkaline elements which purify and revitalize the blood. They nourish the entire system and help in the maintenance of acid-alkaline balance in the body. The carrot also has a reputation as a vegetable that helps to maintain good eyesight. Raw grated carrot can be applied as a compress to burns for a soothing effect. Its highly energizing juice has a particularly beneficial effect on the liver.

# The Convergence Insufficiency Treatment Trial (CITT)

- To determine whether Home-based Pencil Push-up therapy, Home-based Pencil Push-ups with Computer Vision Therapy/Orthoptics or Office-based VT/Orthoptics more effective than placebo treatment, and whether there are differences between the three treatments in improving subject symptoms and signs.

# Convergence insufficiency

- It affects approximately 5% of children in the United States, and may have a serious impact on an individual's performance in school, choice of jobs, and quality of life. Typical symptoms include double vision, eyestrain, headaches, and blurred vision while reading

# The Convergence Insufficiency Treatment Trial (CITT)

- sessions of office-based vision therapy with a trained therapist and performed at-home reinforcement exercises

# What do mom's say?

- STOP \_\_\_\_\_ your \_\_\_\_\_ and  
START \_\_\_\_\_ your \_\_\_\_\_

# What do mom's say?

- STOP \_\_\_\_\_ your \_\_\_\_\_ and  
START \_\_\_\_\_ your \_\_\_\_\_
- Crossing
- Eating

# What do mom's say?

- STOP Crossing your Eyes or they will get stuck like that and START Eating your Carrots

# What mom's should be saying.

- START Crossing your Eyes and  
START Eating your Carrots

# Results

- Less CI ?
  - Less diplopia
  - Less eyestrain
  - Fewer headaches
  - Less blurred vision while reading
- Less VT ? Maybe just a little bit

# Results

- Better Grades
  - More Self Confidence
  - Better jobs
- More Myopia ?
- More Esotropia ?