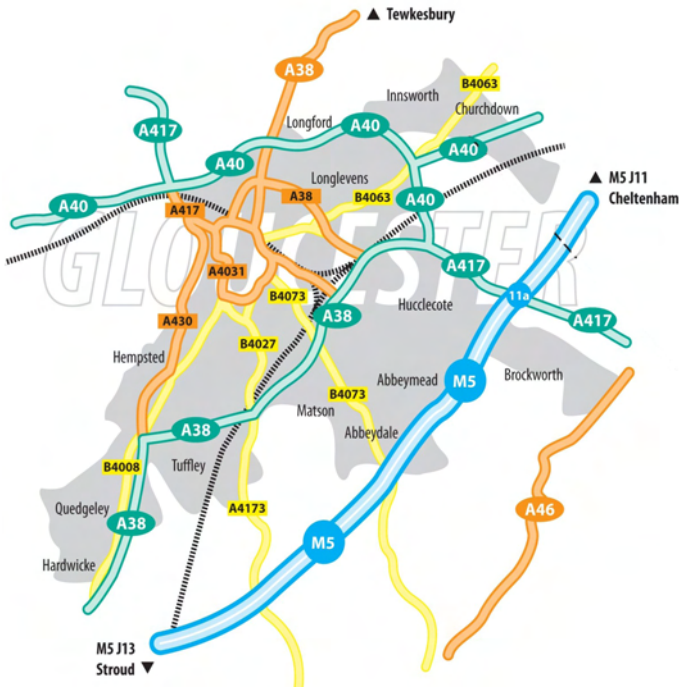


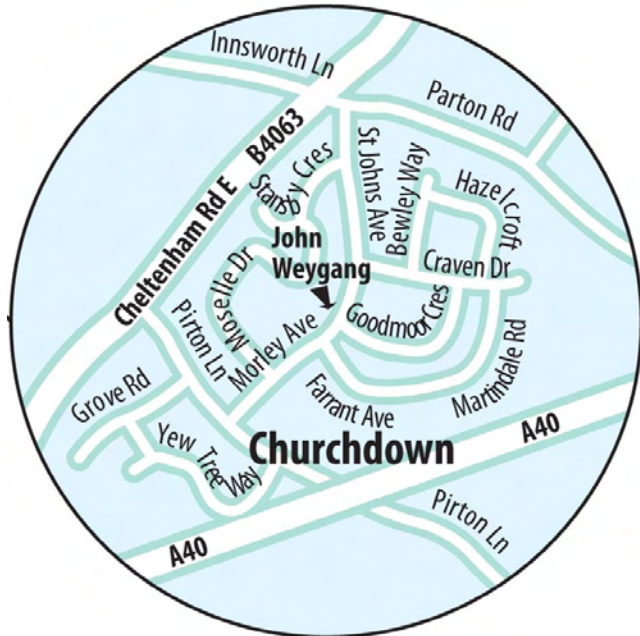
Where to find us



31 Morley Ave. Churchdown Glos.
GL3 2BL
Tel 01452 855484
churchdown@weygang.co.uk
www.weygang.co.uk

Free car parking available.

Churchdown is located in between Cheltenham & Gloucester just off the A40.

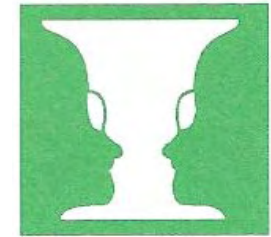


What is VISUAL STRESS?

Visual Stress refers to reading difficulties, light sensitivity and headaches from exposure to distracting visual patterns. It can be responsible for poor attention and rapid fatigue when reading. The symptoms can occur despite normal vision and can often be reduced by coloured filters (overlays or lenses).

Visual Stress when reading has in the past been referred to as Mirror-like syndrome or Cognitive Sensitivity Syndrome.

JOHN WEYGANG OPTOMETRISTS



DYSLEXIA & READING DIFFICULTIES

Dyslexia also known as Specific Reading Difficulties (SRD) is a condition affecting some people who have difficulty learning to read that is inconsistent with their intellectual ability. SLD has a wide range of associated difficulties that may contribute to hindering the reading process, research has shown the visual difficulties can be one of them.

Visual assessment and treatment **cannot** diagnose or cure SRD or suddenly turn a poor reader into a normal reader. It aims to make the visualisation of text as clear and comfortable as possible so that it does not hinder the learning and comprehension process.

The Assessment

Symptoms must first be identified. This is usually carried out in advance of the examination in the form of a questionnaire, designed to find areas of difficulty relating to vision. It is not unusual to discover that problems that have always been present and consequently passed off as normal, are in fact treatable conditions that affect reading ability. This is particularly the case for children who when asked the right questions reveal symptoms that had not been previously reported, or suspected by the parents. Commonly reported visual symptoms include blurring, moving and doubling of text as well as headaches.

The Examination

The examination concentrates on three areas of visual function:-

First the **focusing** ability, looking at long sight (increasing the effort needed for close work), short sight (giving poorer distance vision), astigmatism (affecting distance and near vision) and accommodation (the ability to change focus from far to near).

Secondly the status of the **binocular vision** (the ability for the two eyes to work together). Even if the two eyes can individually focus well, if they don't work together this will still lead to difficulties. A number of tests are used to assess this aspect of vision. Binocular vision problems will often lead to symptoms of double vision or moving of text.

Thirdly the **response to colour** is assessed. Some people are able to see print more clearly when viewed on a coloured background instead of black on white. The best colour is individual for each person and is assessed using a randomised set of coloured sheets (overlays). The assessment is very subjective and consequently may not be used on young children.

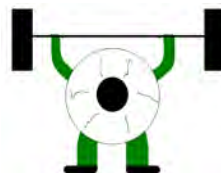


What can be done if a visual problem is found?

Spectacles can be used to correct long sight, short sight, astigmatism and sometimes binocular problems.

A national health voucher contribution can be used towards the cost of spectacles for children in most cases.

Eye exercises are often used to improve accommodation and binocular problems. They are usually carried out at home and progress monitored at follow up appointments.



Coloured overlays may be issued if tests indicate they may be of help. These are used for a period of two or three months of voluntary use.

Tinted spectacles

If the benefit with a colored overlay is sustained then a pair of spectacles with tinted lenses will be advised following assessment on an Intuitive Colorimeter, a machine designed to find the optimum colour of tint.



The British College of Optometrists states:

"It is unethical to use tinted lenses or vision therapy before the patient has been thoroughly examined to exclude other visual problems.

Tinted lenses should not be prescribed unless the practitioner is satisfied that the lenses will be of benefit. Tinted lenses should not be prescribed before the patient has shown a significant improvement in symptoms or in visual performance with coloured filters. An improvement in symptoms can be inferred from the sustained use of a coloured overlay (a coloured sheet of plastic placed upon the page).

The colour of the tint may need to be highly specific for optimal therapy and can be selected only by comparison of a comprehensive range of tints. The colour of the tint that a patient may require cannot be predicted from the colour of a coloured overlay which the patient finds beneficial".

If you would like to book an SRD assessment please contact us the practices shown overleaf, specifying a Dyslexia examination. A questionnaire and advice on any charges will be given.

I look forward to seeing you

Jon Griffin