

Suffer from Visual Stress?

...Our unique precision coloured lenses
can help with reading difficulties

Colorimetry at:

Jarvisoptometrist

Stop

the words
"moving"

What is Visual Stress?

Simply explained, Visual Stress (Meares-Irlen syndrome), is a condition which can affect children and adults. It is a sensitivity to visual patterns, particularly stripes. In some individuals this condition can cause visual perceptual problems which interfere with reading.

In the case of children suffering from visual stress, early diagnosis of the problem is essential. Underachieving often leads to frustration and low self esteem.

Fortunately, the symptoms can often be relieved with precisely coloured lenses.

Is this Dyslexia?

No, 'Dyslexia' is a term used to refer to reading problems that are not due to poor teaching. Dyslexia is often associated with spelling difficulty.

Visual Stress is NOT the same as dyslexia but it is more common in those who are dyslexic. People who fail to read because of Visual Stress are frequently misdiagnosed with dyslexia. For this reason it is important to also check for Visual Stress in people that have been diagnosed as dyslexic. If Visual Stress is a component of the individual's problem then it can be treated allowing the remaining problems to be treated more easily.

Do adults suffer from Visual Stress?

Yes, Visual Stress often continues into adulthood and in some people what may have been very mild symptoms of visual stress can become more apparent during periods of intensive reading, such as when studying for exams.

Symptoms & signs of Visual Stress

All or some of the following may occur:

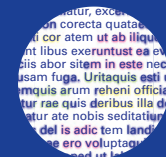
- Movement of the printed text
- Blurring of print
- Letters changing size or shape
- Patterns in the print (sometimes described as rivers or worms)
- Haloes of colour surrounding words
- Tiring easily whilst reading
- Headaches or visual discomfort
- Red, sore, watery eyes
- Continual fidgeting
- Using finger as a marker on the page
- Skipping words or lines
- Frequently re-reading the same line
- Rubbing eyes or blinking frequently while reading
- Poor comprehension of reading content
- Frustration and low self-esteem

Sound familiar?



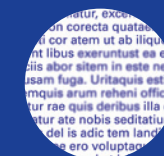
Moving text

Text appears to move around the page making it hard to maintain focus.



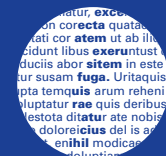
Haloes of colour

Colour surrounds the text causing interference with concentration.



Blurring

Patches of blurred text appear on the page mainly where the eyes are focused.



Patterns

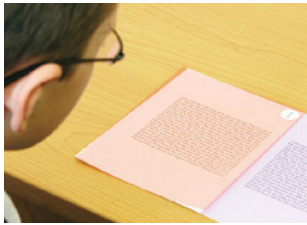
Visual patterns appear in the text often described as rivers or worms.

Diagnoses and Treatment of Visual Stress?

Eye Examination

A patient displaying problems with reading will first receive a full vision test. This is to rule out a straightforward requirement for glasses or any other physical issue affecting their vision.

Overlay Assessment



If the patient is a child an assessment with overlays may already have been carried out in school. The optometrist will take this into consideration

when assessing the case and if necessary will repeat the process. Depending on the results, the optometrist may suggest the use of an overlay for one or two weeks, noting any improvements that result.

Alternatively, in cases where the benefit from an overlay is already established, the optometrist will carry out further tests using an Intuitive Colorimeter.

Colorimetry Assessment



The colorimetry assessment may result in the prescribing of spectacles with coloured lenses. The colour will be specific to the individual's

needs and as such far more precise than the overlay. Any correction for long or short sight can also be included in the prescription.



Treating Visual Stress

Visual Stress can be reduced by the use of coloured overlays or coloured lenses worn in spectacles. If an overlay appears to work it is likely that precision tinted lenses will be more beneficial as the lens colour is accurately tuned to individual needs.



The exact colour lenses are selected by a qualified optometrist with the aid of an Intuitive Colorimeter.

Lenses can be used for reading and writing and work just as well for reading from other mediums such as whiteboards and computer screens.

Correctly tinted lenses frequently result in reading that is more fluent, faster and comfortable; all of which can assist concentration and improved comprehension.

The degree of improvement differs: some children, for instance, experience improvements in reading age of one - two years within just a few weeks of acquiring the lenses.

Colorimetry at:

Jarvisoptometrist

Jarvis Optometrist is an independent optometry practice offering a full range of ophthalmic care. The understanding, diagnoses and treatment of Visual Stress is a specialism not widely available in the UK.

To discuss symptoms of Visual Stress call Jarvis Optometrist for an appointment on (01382) 462236.

For more information about products and services available at Jarvis Optometrist, visit: www.jarvisoptometrist.co.uk or visit the practice at 24-26 Arbroath Road, Dundee, DD4 6EP.