

Life Changing opportunities:

Dyslexia affects around 14 per cent of the population. Many more people have reading difficulties that are not associated with Dyslexia.

You do not have to be Dyslexic to benefit from a Visual Stress Assessment

Reading difficulties can be very disabling particularly for children when trying to keep up with work in the classroom. Learning to write, read and spell becomes very frustrating when the letters don't stay still or else come in and out of focus.

The earlier these problems are detected and dealt with the less the learning suffers. If you feel you could benefit from a Visual Stress Assessment we will be happy to book you in as soon as possible.



Fees:

Care for people with Visual Stress is an ongoing process and many follow up appointments may be needed, especially within the first 12 months of treatment.

The initial assessment is 1 hour in length and costs £120.00

Follow up appointments are best paid for on a direct debit of £13pcm

Spectacles and contact lenses vary in cost depending on what type of lenses are needed.



JANESMELLIE
OPTICIANS

PERSONAL SERVICE, PROFESSIONAL CARE



VISUAL STRESS ASSESSMENT

schoolvision

ChromaGenTM
Enhancing patients' lives

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WHAT IS VISUAL STRESS AND WHO CAN BENEFIT FROM A VISUAL STRESS ASSESSMENT?



Visual Stress manifests itself in many different situations amongst people of all ages. It is exasperated by excessive near point work, brightly lit environments and pressured situations such as exams. Visual Stress can also be the cause of headaches, feeling nauseous and tiredness when reading, writing and using a screen.

Many reading difficulties stem from a combination of; eye muscle weakness, an uncorrected spectacle prescription, poor focusing power of the eye and a light sensitive condition. Visual Stress can give rise to blurred words and letters, the appearance of words moving on the page and an inability to follow a line of words accurately. This makes reading very difficult and often frustrating. Visual Stress can also be the cause of headaches, feelings of nausea and tiredness when reading, writing and screen use.

A Visual Stress assessment aims to identify the causes of reading difficulty and provide relief using prescription spectacles and tints. The status of the focusing system and eye muscles will change once corrected which means that frequent follow up appointments are important.

Who can benefit from a Visual Stress Assessment?

Children who are not reaching their full potential in all subjects at school and adults suffering with visual fatigue. Individuals diagnosed with the following conditions:

- Academic Skills Disorder (ASD)
- Dyslexia
- Dyspraxia (lack of co-ordination/clumsiness)
- Attention Deficit Hyperactive Disorder (ADHD)
- Other related learning difficulties

Signs of these problems include, but are not limited to, individuals who:

- Move closer to or away from the page.
- Use a finger as a marker.
- Rub the eyes and blink excessively.
- Are intelligent but have not reached their full potential at school.
- Avoid reading, writing or mathematics.
- Have difficulty concentrating or become restless.
- Have difficulty in following texts; i.e. skipping lines and words.
- Have difficulty in copying correctly.
- Have a reputation for being lazy, problematic or immature learners.
- Have little sense of orientation and a poor concept of time and space.

Many sufferers of Visual Stress are unaware that they have a problem, or see print differently to others, until they are presented with a high volume of text or put under a pressured situation.

Stabilising weaknesses in binocular vision and focusing

We will often use prism in spectacles to help someone with a binocular vision weakness to control their eye muscles and make close work more comfortable. We also may prescribe exercises to try and strengthen the weak eye muscles over time. Varifocals and bifocals are regularly recommended by us for the treatment of Accommodative Insufficiency; a weakness in the focusing power of the lens inside the eye. We have had great success with this combination of treatments and as the eyes become stronger and the reading ability improves we reduce the prism and take away the varifocals/bifocals.



HOW CAN COLOUR HELP VISUAL STRESS?

Once the binocular vision and focusing system of the eye have been stabilised the next step is to assess the benefits of a tint. Whilst coloured lenses are not a miracle cure for Visual Stress, prescribed appropriately, they can dramatically improve reading speed and accuracy. At Jane Smellie Opticians we use three different ranges of spectacle tints and three ranges of tinted contact lenses:

The Eyebright Range

The Eyebright Range is a diagnostic for colour preference and light sensitivity and is often used as a starting point in the treatment of Visual Stress.

ChromaGen

ChromaGen is a unique product that was developed to help patients who suffer from either colour deficiency or academic skills disorder (ASD) including Dyslexia. ChromaGen Haploscopic Filters are a range of precision tinted lenses, individually prescribed for patients, that are worn as either contact lenses or spectacles.

ChromaGen has been clinically proven to dramatically improve accuracy of reading, writing and comprehension in patients with Visual Stress.

A ChromaGen assessment is only available through Licensed ChromaGen practitioners.

Colorimetry

The Intuitive Colorimeter, designed by Arnold Wilkins, allows for the optimum coloured lens to be identified and then made up into spectacles or contact lenses. Colorimetry is usually performed after an increase to reading speed or accuracy is measured following a coloured overlay assessment. To achieve the optimum results it is important that the selected coloured overlay is not replicated as lenses, particularly without the input of a trained colorimeter practitioner.

Prima Enhancing Tinted Contact Lenses

Prima Enhancing Tinted Contact Lenses are bespoke 3 monthly disposable lenses with a tinted centre available in a range of colours and different depths of tint.