

Colourimetry

What is visual stress and what are the symptoms?

When viewing a page of print, some people experience distortion and movement of the text, fading of print, blurring of print and/or appearance of difference colours and shapes. These disturbing visual patterns lead to headaches, light sensitivity, fatigue, reading difficulties and/or dislike of close work, which is referred to as visual stress. The severity of symptoms will vary between persons.

It is hypothesised that visual stress is due to hyper excitation of neurons firing in the visual cortex of our brain. It is often related to reading, writing and computer tasks.

How does the Intuitive Colourimeter work?

The *Intuitive Colourimeter* is an instrument that tests for coloured lens suitability, used for minimizing and eliminating symptoms of visual stress. Visual stress is a common disorder affecting approximately 5-20% of the broader population and can only be identified with correct diagnostic assessment.

Unlike other Coloured lens assessments, the *Intuitive Colourimeter* uses standardised testing conditions, with formatted background lighting. The wavelength colour, saturation and brightness are all varied and the patient responds to the changes in colour perceived when viewing a page of text.

Is visual stress and dyslexia the same disorder?

No. Dyslexia is however a common cause of visual stress.

Is visual stress genetic?

It may run in families, though further research is required to prove this idea.

Who is affected by visual stress?

Both adults and children alike can be affected by visual stress. As we become accustomed to reading and writing, the task is more familiar to us and the condition may go undetected in adults.

How do coloured lenses help?

Coloured lenses help minimise the hyper excitation of neurons firing in the brain, thus reducing the symptoms of visual stress.

Will the same coloured lenses suit everyone?

No. Each person responds differently to the coloured lenses and it is important to match the correct tint for the individual's needs. This can be done through specialised testing using the *Intuitive Colorimeter*.

Can people with good eyesight experience visual stress?

Yes, people with normal vision can still have symptoms of visual stress.

How do I know if my child is experiencing visual stress symptoms?

Often children are not aware of what is "normal" when viewing print and words. They don't realise that not everyone is experiencing the difficulties they are having and assume their symptoms of visual stress are normal. It is therefore important to have a full eye examination that checks for spectacle prescription, binocular vision function and visual stress. Once this has been completed, if there are signs of visual stress occurring, a Colorimetry assessment can be conducted. This takes approximately 30mins and costs \$77.

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