

Undiagnosed reading difficulties can be very frustrating, especially when conventional therapies fail to yield the results you had hoped for.

It is often put down to dyslexia, but is it?

There is an increasing body of evidence suggesting that some people may be experiencing a form of visual disturbance caused by the way the brain processes visual information with symptoms like:

- Losing track while reading
- Becoming very tired
- Showing fear or reluctance to read

Over the last three decades a form of Therapeutic Optometry, commonly known as Colorimetry, has been shown to offer relief with some undiagnosed reading difficulties.

This leaflet offers a brief insight into it's potential, the assessment process and the services we offer.



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## Introduction

Meares-Irlen Syndrome or visual stress is experienced by some people when visual information is incorrectly processed.

## Common Symptoms

- Misreading words
- Problems tracking from line to line
- Skipping words or lines
- Reading slowly or hesitantly
- Having to take breaks from reading
- Losing your place on the page
- Visual strain and fatigue
- Feeling tired or sleepy after reading
- General fear or reluctance to read

Research suggests the use of coloured overlays and Colorimetry glasses when reading can be beneficial in relieving these symptoms for some people.

Colorimetry should however not be considered as a stand-alone solution but rather as just one layer of a complex solution puzzle.

## Coloured Overlays

When traditional solutions have been exhausted, the next step in trying to relieve undiagnosed reading difficulties is to consider a coloured overlay assessment. The assessment uses a special speed of reading test to evaluate if coloured overlays will help with symptoms.

You'll first need to have an Eye Examination to rule out any normal vision issues that might present similar symptoms.

## Colorimetry Assessment

If coloured overlays prove beneficial the next step is a full assessment using the intuitive colorimeter. This further defines a precise hue and saturation of colour which is generally far more effective. It also creates a pure precision tint specification that can be applied to lenses.

## Glasses

Colorimetry glasses are supplied with the exact same pure precision tint plus any prescribed prescription making them a far more convenient solution for regular use than overlays.

## Fees and charges

The NHS do not currently offer support for assessments, coloured overlays or colorimetry glasses. The provision of these services is therefore offered strictly on a private basis.

Institutions like Student Finance England can provide financial assistance for assessments and colorimetry glasses to university students that qualify for additional learning support. Some local colleges may also help with fees and charges.

A copy of our fees and charges is available upon request.



To book an assessment call . . .

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Further information is also available on our website at: [www.nhkopticians.co.uk](http://www.nhkopticians.co.uk)