



## Introducing a New Test for Visual Stress

Ottawa Vision Therapy is excited to announce the addition of a new test!

The Intuitive Colorimeter helps us identify patients suffering from visual stress, a condition that can cause reading difficulty and headaches, and affect post-concussion rehabilitation.

People suffering from visual stress often describe their visual world differently. When reading, they may note that words move, shimmer, blur in and out, or even see coloured flashes among the print. They often have difficulty with different lighting, especially fluorescents. The glare from a computer screen can be overwhelming and lead to difficulty concentrating, focusing, and even cause headaches or neck pain.

Using the colorimeter, our therapists will guide you through a specialized colour-determination process to find the optimal precision tint to reduce your symptoms. Once determined, that precision tint is tested under differing lighting conditions and further customized. A pair of lenses is then tinted, using medically designed tints, to your unique specifications. We can then install the lenses into your frame of choice.

Custom-tinted lenses are known to reduce the symptoms of migraines, light sensitivity, and ADHD. They have been shown to relieve eye pain, visual sensory overload, nausea from visual movement, and general discomfort from reading and screens.

If you're experiencing symptoms of visual stress, give us a call to book your assessment for custom-tinted lenses. Our friendly and experienced team looks forward to helping you find relief.