

## THE ASSESSMENT PROCESS

The recommended Colorimetry assessment process follows a 3 stage protocol:

### 1. Full Eye Examination

It is essential that every individual who struggles to read or believes they may suffer from symptoms of Visual Stress, first undergoes a full eye examination. This is important to rule out any ocular problems. This test is available free of charge for all school aged children, under NHS provision.

### 2. Overlay Assessment

Having ascertained that ocular problems are not the cause of symptoms, an overlay assessment is recommended. An assessment with overlays may already have been carried out in school. An optometrist can also carry out this assessment.

The optometrist may suggest the patient use an overlay and return within a few weeks, noting any improvements. Any improvement in reading speed and accuracy of 10% and above can be considered a successful outcome.

### 3. Colorimetry Assessment

Following successful use of a coloured overlay for a trial period, the Intuitive Colorimeter may be used to assess the patient (under the direction of an optometrist). A precision tint may then be prescribed as appropriate. The colour will be specific to each individual's needs, and may be a different colour to the overlay. To find your local specialist visit [www.ceriumvistech.com](http://www.ceriumvistech.com)



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# How can **colour** help?



*Dyslexia*

*Reading difficulties*

*Visual Stress*

*Migraine*



“...my Cerium glasses  
have given me confidence  
and passion for reading...”



## What is Visual Stress?

Visual Stress is a term used to describe visual discomfort and perceptual distortions in printed text, and is suffered by many people who struggle to read.

The condition is estimated to be present in approximately 20% of the general population. There is a far greater propensity amongst the Dyslexic population to suffer from Visual Stress.

Many thousands of individuals who find reading tiring and unpleasant, unknowingly experience Visual Stress. Symptoms can be experienced in varying degrees from simple fatigue when reading, to an inability to look at text.



## How colour may help

In some cases, the symptoms of Visual Stress can be reduced by the use of coloured filters; a coloured overlay placed over text or coloured lenses worn in spectacles.

Research has shown that offering a large number of colours allows for optimal results. The Intuitive Colorimeter™ offers many thousands of colour combinations.

Coloured overlays are widely used by teachers in schools throughout the UK. If an overlay proves useful, precision tinted lenses may also be beneficial. It is important to note that the most effective coloured overlay is unlikely have the same colour as the optimal precision tinted lenses.

## The Symptoms of Visual Stress

All or some of the following may be present

- Movement of the printed text
- Blurring of print
- Letters changing size or shape
- Patterns in the print (sometimes described as rivers or worms)
- Halos of colour surrounding letters or words
- Tiring easily whilst reading
- Headaches or visual discomfort
- Red, sore, watery eyes

## The Signs of Visual Stress

- Moving closer to or further away from the book
- Moving book around on the desk
- Fidgeting continuously
- Using finger as a marker on the page
- Skipping words or lines
- Frequently re-reading the same line
- Rubbing eyes or blinking frequently when reading
- Poor comprehension of reading content
- Frustration and low self-esteem

## Is this Dyslexia?

Dyslexia is a term used to refer to a number of complex specific learning difficulties that often also include problems with reading and spelling.

Visual Stress is not Dyslexia but often runs concurrently with Dyslexia. It has been established that there is a far greater propensity amongst the Dyslexic population to suffer from Visual Stress.

Visual Stress can also occur in non-Dyslexic individuals. Symptoms may become more apparent when intensive reading is necessary, for example when studying for exams.

## Photosensitive Migraine and other conditions

Migraine attacks have many triggers. Some migraine attacks may be visually-induced by flickering light, patterns or reading. These attacks may be helped by precision tinted lenses.

Research has also shown that reading can, in some cases, improve in Autistic spectrum individuals with the use of a precision colour. Acquired brain injury sufferers have also, anecdotally, shown benefits with a chosen colour. This research is ongoing.



As a first step, it is important that anyone who struggles to read should be referred to a vision specialist. Once a full eye examination has been carried out, the practitioner may then test for the existence of Visual Stress. At this point the practitioner may use an overlay as part of the testing procedure.

Whilst coloured overlays are useful when reading from a book, tinted spectacle lenses may be more convenient when copying from the board or from another book, for computer work or for those individuals who are particularly light sensitive.

An appropriate overlay (or tinted spectacle lenses) may result in reading that is more fluent and comfortable. Some individuals enjoy significant improvement in both reading rate and accuracy.