

Visual Stress Syndrome

Visual Stress Syndrome is a condition whereby sufferers may report a host of problems when reading, some of which include the words moving on the page, coloured patterns, blurred vision, variable distortions and headaches. It has been proposed by Professor Arnold Wilkins that in predisposed individuals there is hyper-excitability and inappropriate firing of neurons in the visual cortex leading to perceptions of illusions and distortions. The use of highly specific coloured lenses is thought to minimise this hyper-excitability and subsequently reduce the anomalies that these patients report.

The determination of these highly specific coloured lenses is achieved with the use of the Intuitive Colorimeter which has over 100,000 different colour combinations and determines quite accurately the lenses required to minimise or eliminate the distortions that patients with this condition experience when they are reading. This system has been in use for over 20 years in the United Kingdom and has been endorsed by their Medical Research Council.