

## &gt; VISION + LEARNING NEWS



# TREATING VISION PROBLEMS CAN HELP MIGRAINES

As most of our patients know, we offer a variety of specialty services in addition to routine vision care. But did you know that dizziness, difficulty driving, pain in neck and shoulders as well as headaches/ migraines are signs of vision problems? Many people struggle for years before finding this out.

One of our patients, Mary, was referred to our office by a neurologist. She had been getting daily headaches for years, but they had been getting worse for the last 3 months, prompting her visit to the neurologist.

Mary also experienced dizziness daily and was having

cognitive issues later in the day. Mary's symptoms were worse when she drove and when she worked on her computer. Her entire head hurt, and she also had pain in her neck

and shoulders. All of her symptoms got worse as the day went on.

We prescribed a special pair of glasses, known as NeuroLenses®. When she returned for her yearly eye exam, she was delighted to tell us that her headaches are MUCH better, to the point where she really doesn't get them anymore. Dizziness was also much better. Additionally, she said that "the lenses felt great, were easy to wear, and symptoms got better almost immediately." Her vision is also better than she had with previous glasses. To find out if NeuroLenses® can help you or a loved one, schedule an appointment with one of our doctors.

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*“the lenses felt great,  
were easy to wear,  
and symptoms got better  
almost immediately.”*



> “GOTTA WEAR SHADES” ANNUAL SALE!

## 50% OFF

*non-prescription sunwear  
some exclusions apply*

### PRINT VS. DIGITAL: AND THE WINNER IS...

A new study performed at the University of Maryland shows that students learn more effectively from print textbooks than screens. The study, published in The Journal of Experimental Education, clearly found that comprehension was significantly better when the student read a paper text.

If the student was reading for general understanding like grasping the main idea, and details weren't critical, digital was OK. However, comprehension was significantly improved when reading printed texts.

Too much computer screen time can cause lower grades, increased nearsightedness, and risk of Computer Vision Syndrome (CVS). CVS is a condition that can cause back and neck strain, dry eyes, double or blurred vision and even headaches. Parents should watch for squinting, frequent eye rubbing, blinking, or red eyes, head turns or avoidance of the computer or working too close to the screen.

Special computer glasses can also help productivity, performance and reduce symptoms when working on the computer. Ask us about lenses that help reduce the harmful effects of blue light from viewing digital devices.



# VISIONS

EYE CARE + THERAPY CENTER

6201 S. Minnesota Avenue  
Sioux Falls, South Dakota 57108

## ATTENTION DRY EYE PATIENTS: THERE'S HOPE!

Common symptoms of dry eye include dryness, grittiness, soreness, irritation, burning, fluctuating, blurred vision and eye fatigue. These symptoms can interfere with daily activities such as reading, using the computer, wearing contact lenses and being outdoors on windy days.



We are proud to be one of the few offices in Sioux Falls to offer a new, non-drug treatment, which addresses the root cause of dry eye by unblocking the glands that secrete oily lipids and returning the eye back to its normal function. That means no more dry eye!

If you are experiencing any of these dry eye symptoms, be sure to schedule an appointment today to find out how this new technology can help you.

## FROM STRUGGLING TO SUCCESS – THANKS TO VISION THERAPY

CONGRATULATIONS AADEN – THE SKY'S THE LIMIT!

Aaden struggled with reading for 3 years. Each year during back to school, his mother talked with his teachers about his issues remembering words he had just sounded out and keeping letters (b, d, p, q) straight. His vision was checked repeatedly, and the results were consistently 20/20 vision – “nothing is wrong”.

During the fall of 3rd grade, he was scoring slightly below state requirements for 3rd grade reading, so his mother decided to hire a tutor, Emily. Emily referred the family to an eye doctor in Milford, as she believed he had a “convergence” issue. Emily was right. That eye doctor diagnosed it and referred Aaden to our office for further evaluation and treatment.

We confirmed that Aaden had 20/20 vision as well as convergence insufficiency (an eye coordination problem) but he also had double vision when reading, headaches associated with reading and difficulty following/tracking the words on the page.

After starting Vision Therapy, he went from being under the state requirement for reading to being 10-15% above it in 3 short months. In addition, his math scores improved as did his comprehension for story problems.

Listening to him read, he has better fluency and comprehension of what he's reading. He no longer argues about reading the required 20-30 minutes a day and he will even volunteer to read to his younger brother. Aaden has learned persistence when things are hard and confidence in his ability to read.