

Stress Relieving Prescriptions for Increased Performance



Without even thinking about it, our eyes change focus very quickly to allow us to see clearly wherever we look. This process is called accommodation. All of the things we see are at different distances, which forces our visual system to work and change to make them clear. Accommodative dysfunction occurs when there is an issue with efficiency, accuracy, ease or speed of our focusing system.

Accommodative Dysfunction in Children

Normally, children have an ample amount of focusing capacity. However, some children do not have the ability to maintain focus for a long time while reading or they may be unable to quickly change the focus of their eyes from near to distance, especially in the classroom. With the increasing near demands of today, our visual system can undergo tremendous stress. Students now read three times the number of books their parents did and are on computers constantly.

Accommodative Dysfunction in Adults

Adults can also have accommodative dysfunction. However, this is not to be confused with a very common condition called presbyopia. Presbyopia is the term for age-related focusing problems, due to loss of the natural elasticity of the lens inside the eyes. This begins in the early 40s and happens to everyone.

Common Symptoms of Accommodative Dysfunction:

Many people who report these symptoms have 20/20 vision at distance but can't handle the visual stress associated with near tasks. It is common for students to notice these symptoms:

- Blurred vision
- Reduced efficiency and productivity
- Difficulty maintaining clear vision — words coming in and out of focus
- Needing to blink to make things clear
- Difficulty changing focus from one distance to another
- Blurred vision at distance after you look up from sustained near work
- Visual discomfort and eye strain
- Pain behind or around the eyes
- Headaches, nausea or stomachaches
- Avoidance of reading and writing
- Avoiding near work
- Difficulty with concentration/attention
- Fatigue/falling asleep when reading
- Homework takes longer than it should
- Words doubling
- Print moving

Available Treatments

In many cases, glasses for near use only or bifocals may be needed. These anti-fatigue lenses help decrease stress to the visual system and increase comfort for various near tasks (reading, studying, computer work, tablet, phone use, etc.) by decreasing the effort needed to focus.

Ask us about anti-fatigue lenses!

Ask our optometrists about anti-fatigue lenses to ensure optimal performance throughout the entire day. The lenses provide significant relief from stress related symptoms and the eyes become more relaxed resulting in improvements in eye comfort, visual efficiency, and even better reading and retention skills.

For more information, schedule a complimentary visual performance screening! If you have any questions regarding treatments for improved visual performance, contact your Highline Optometrist for advice.