



Vision and Learning News

Previously you may have received this newsletter from Jennifer Morrissey. Jennifer has begun student teaching and we wish her the very best. As a result I will now be sending out the letter and I would like to take a moment of your time to introduce myself. My name is Trevor Askew, I am an optometrist with Wichita Vision Care and Mulvane Vision Care. I grew up in the Wichita area and graduated from Goddard High School in 2000. I attended Kansas University and the University of Missouri St. Louis for optometry school.

I graduated in 2008 and work with Dr. Kevin Cline at Wichita Vision Care and Mulvane Vision Care. Wichita Vision Care is our newest location that was opened on December 15, of 2008. Okay, enough about me, in this newsletter I will update you on some events that we have, a little information about what we do, and information on some recent studies about vision therapy. I hope the information is interesting and useful in the education of yourself as well and your students.

On June 11 and 12, Dr. Cline will be presenting on vision and its relationship to learning. The class will be held at Newman University. Friday's session will be from 5pm to 9pm and Saturday will be from 8am to 5pm. If you would like to attend or would like more information you can contact Kathy Cillessen with Mulvane Vision Care at 316-777-0022 or Juanita Alarcon at Newman University at 316-942-4291 ext. 2204 or by email at AlarconJ@newmanu.edu.

I would like to let you know that in an effort to catch children with a learning related vision problem we offer a free screening. Our free screening will test visual acuity, but in addition it will test convergence and divergence ability, over or under convergence, focusing ability, tracking skills, and visual perception. If you have a child with good visual acuity that still seems to struggle visually we would be happy to provide this assessment.

Vision therapy is a course of individualized visual and motor activities used to target a patient's specific visual deficiency or deficiencies whether that is tracking skills or an eye turn. By improving upon these skills visual efficiency is improved which can have a great impact on not only school work but also quality of life. It is estimated that 85% of what we learn comes through our visual system, if this system is inefficient then individuals will have trouble keeping pace with their peers.

Is vision therapy easy? No, but neither is reading with poorly controlled eye movements. Vision therapy takes dedication, commitment, and effort but the children

and adults that put in the effort see results. Below is the success story from a young man named Matthew.

After therapy Matthew wrote, "When I first began vision therapy I really was not interested in it. I thought it was a waste of time. As I went along I noticed a few things were hard for me and my eyes to focus on. As I worked on the tasks that I felt were harder for me to do, I started to feel like it was getting easier. Also, everyone who helped me really was nice and cared about me and my progress. It did help me to read better!"

Finally, I would like to spread some information that I have recently revisited.

In the October 2009 issue of Eyecare Business Tara Rosenzweig reviewed [A CALL TO ACTION](#) by Joel N. Zaba, M.A., O.D. I will provide some of the highlights from his article, but if you would like to review the entire article it can be found at <http://essilorvisionfoundation.org/Education+and+Resources/Research.htm>

- One out of four children has a vision problem
- Two out of three children in the United States do not receive any preventative vision care before entering elementary school
- Experts estimate 80% of what we learn comes through the visual processing of information
- 90% of children who need eyeglasses do not have them
- Children from poor urban area have more than twice the normal rate of vision problems
- 40-67% of children with vision problems do not receive follow-up eye exams or glasses
- 74% of adjudicated adolescents have undetected vision problems

I hope that the information provided was interesting. If you have questions or comments please contact Dr. Askew or Dr. Cline. Our phone numbers and email contacts are at the bottom of the page.

Thank you for your time and the education of our students.

Sincerely,

Trevor Askew O.D.
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