

# WHAT'S NEW

AT MULVANE VISION CARE

August 2003

## **DO YOU HAVE A MINUTE????**

Dr. W.C. Maples optometrist and professor at Northeastern State University College of Optometry has just published a study that uses a 60 second test that can predict how your child will do on 4 major areas of the Test of Iowa Basics. The test is an optometric test that can be given by a classroom teacher. It is called the Wold Sentence Copy Test. The student simply copies a printed sentence and the time it takes him to do it is recorded. The score highly correlates to the reading portion, math portion, expressive language and receptive language portion of the Iowa Basics Test. This short test could be used to identify kids early who are having problems and remediation started earlier.

## **WHAT IS THE THICKEST NERVE IN YOUR BODY????**

The optic nerve. The optic nerve carries more information into the brain than the entire rest of the body put together. That's a lot of information. The optic nerve starts at the back of the eye and courses to the back of the brain.

## **HOW MUCH OF THE BRAIN IS TAKEN UP BY VISION???**

Don Hoffman a doctor of cognitive vision states that one half the brain is taken up by vision. That is a lot of space.

## **WAS THE VISUAL SYSTEM DESIGNED TO READ???**

No! When you think about it it was designed to hunt, fish, farm, and locate danger. What came first man or reading? Man invented reading and he did so he did not consider the visual system. We do most of our reading at near with a visual system that was designed for distance viewing. This is why the visual system in many of us both young and old experiences visual stress when we read or use computers at near working distances. Often times academic lenses

or Vision Therapy can be used to get rid of visual stress that can interfere in how a child learns.

## **CAN YOU SEE VISION?**

I know this sounds like a crazy question, but of course you cannot see vision or all the things involved in how you see or someone else sees. There in lies the problem. If vision could be seen then we could see visual problems. Give your child this simple test.

Do you ever see double?

Does your vision ever get fuzzy or blurry?

Does your child read at a close working distance?

Does your child comprehend more when you read to him than when they read to themselves?

Does your child tilt or turn their head while reading?

Does your child complain of headaches after reading?

Does your child rub the eyes a lot when doing activities like reading?

Does your child use a finger to keep place while reading?

Does your child notice that it takes a moment to clear things on the chalkboard after reading?

If your child answered yes to any of the above he/she may have a VISION problem.