

## **What is Visual Stress?**

Visual Stress is a processing condition that causes difficulties while reading. Symptoms can vary from person to person, some symptoms include;

- Words moving while reading
- Words or lines look jumbled or bent
- Colours or flashes may be seen while reading.

Visual stress also known as Meare's Irlen Syndrome has no scientific explanation, however there are a number of generally agreed upon signs and symptoms described above. In some instances a coloured overlay can help dampen symptoms and make it more comfortable to read. A coloured overlay assessment will be carried out to see if this helps with these symptoms.

## **Is visual stress the same as dyslexia?**

No as dyslexia is a learning difficulty which causes problems with reading, writing and spelling as well as other things. People with dyslexia can also suffer from visual stress and may benefit from a coloured overlay however people can have visual stress without being dyslexic as they do not come hand in hand.

We can diagnose and treat visual stress but not dyslexia. If a patient is diagnosed with visual stress and is struggling in other areas than just reading we would advise a referral to an educational psychologist for a possible dyslexia diagnosis.

Visit <https://www.eyesite.co.uk> for more information.