

Dr. Judy Cao, OD, FAAO, FCOVD



She Sat Close to the T.V. Because She Couldn't See

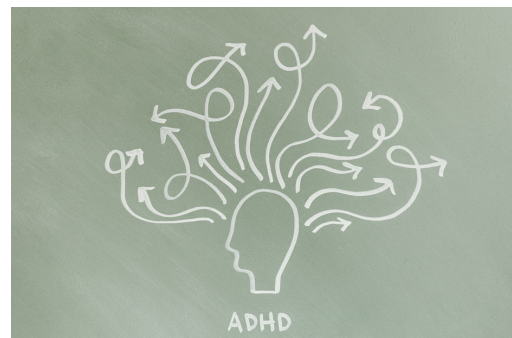
Patricia was 10-years-old and struggled in her everyday life due to her eyesight. Her mom, Rebecca, describes that she would "sit close to the T.V. because she 'couldn't see.'" While she loved to read, it proved to be a difficult task for her. She would often ask those around her to read to her because the letters were difficult for her to pick out. Patricia told her mom that she felt that "she wasn't smart." This broke Rebecca's heart.

After struggling with these issues for a while, Rebecca took her daughter to an optometrist to check on her vision. Her optometrist noticed that her eyes were not working together properly and referred her to Dr. Cao, a developmental optometrist.

Is It Really ADHD? It Might Be a Vision Problem

Studies indicate that children with vision impairment are twice as likely to be diagnosed with ADHD. Seems a little high, doesn't it? This occurs because underlying vision problems often mimic ADHD symptoms, when in fact, vision therapy treatment is what is needed to solve the issue. The overlapping symptoms of ADHD and binocular vision impairment include:

- Fidgets with hands or feet or squirms in seat
- Avoids, dislikes, or is reluctant to engage in tasks requiring sustained mental effort
- Often distracted by extraneous stimuli
- Fails to give attention to detail or makes careless mistakes
- Does not listen when spoken to directly
- Often talks excessively
- Does not follow through on instructions & complete tasks



Even if your child or a child you help has 20/20 vision, they may still have vision-related problems that have fallen through the cracks in routine eye exams. Unlike traditional optometry, vision therapy focuses on developing the neural networks between the eyes and brain so that the visual system can work in harmony with the nervous system. Eye strain, difficulty focusing, and difficulty tracking are all conditions that cause kids and adults to display behaviors commonly associated with ADHD.

Think you know someone who may be suffering from binocular vision impairment? Call or email us today. Dr. Judy Cao enjoys working closely with speech therapists, physical therapists, occupational therapists and all types of therapists and health professionals to identify vision problems in their patients, and she would be delighted to talk with you or come to your office.

She Sat Close to The T.V. Because She Couldn't See Cont.

Rebecca explained that this was her first experience with vision therapy and they were not sure what to expect. Overall she described her experience at Vizen Optometric Center to be incredible.

"Dr. Cao was very patient and would guide us through every step. She would always take the time to answer my questions."

Patricia described her experience: "Vision therapy helped me by giving me activities that are fun! They showed me which way 'b' and 'd' are supposed to go. They also helped me with my reading!"

Patricia's life changed for the better because of vision therapy. She no longer feels like she "isn't smart" like the other kids. When asked what recommendations she has for other parents considering vision therapy, Rebecca stated: "Do it. Don't wait. It is a commitment and you may have to squeeze it into an already busy day but the benefits will last a lifetime."

Vivid Vision - Using VR to Make Vision Therapy Fun

For a patient to succeed with vision therapy, it is crucial for them to do vision exercises and practices at home. This way their eyes internalize good habits and build new neural connections with the brain. Vivid Vision is a system we use for at-home as well as in-office vision training. It helps our patients with convergence insufficiency, lazy eye, eye turn/wandering eyes and lack of stereo depth perception.

Vivid Vision allows you to play fun virtual reality games that strengthen your vision by teaching your eyes to work with one another. It does this by giving images to both the strong eye and weak eye until both can function together as one.



By taking advantage of fun games that involve vision therapy, patients not only enjoy coming to their vision therapy appointments, but they also have an easier time both remembering and wanting to practice at home. Since the games and activities are fun and help with vision, we call it a win-win!

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