

Dr. Judy Cao, OD, FAAO, FCOVD



20/20 Eyesight Is Not Perfect Vision

You might find it surprising to know that many kids and adults quietly suffer from debilitating vision problems.

These conditions often elude the best efforts of specialists in routine eye exams, simply because suffering patients can read the 20/20 line. Although frequently manageable in the short term, the conditions can prove quietly exhausting and discouraging in the long-term.

Patients may see words blur, double, or move on the page when reading if they have ineffective eye-teaming skills. They may suffer from headaches, fatigue, or strained eyes after prolonged screen time if they have a focusing disorder. Some patients read slowly, lose their place, or take hours to do 20 minutes of homework because they have poor oculomotor control and can't move their eyes properly.

Vision therapy addresses these visual dysfunctions, and can dramatically improve a person's ability to read, learn and play sports effectively.

While Vizen offers some traditional optometry services, we are primarily dedicated to aiding binocular vision problems, and we refer any patients that need glasses prescriptions or other eye care services back to their referring doctors.

If any of the patients you serve are struggling with any of these issues, Vizen Optometric Center is now taking referrals and would be delighted to help!



Trying to Drive with One Eye - Tuyen's Story

6 months ago, Tuyen went to an eye clinic and received some unfortunate news. The doctor said she had crossed eyes, and it wasn't safe for her to drive a car. She frequently had to close one eye so she could see objects from a distance, and she had noticed that her vision wasn't always there when she needed it on the road.

Her doctor recommended she enroll in vision therapy, and introduced her to Dr. Judy.

As someone who speaks Vietnamese and is learning English as a second language, Tuyen was understandably a little nervous about going to vision therapy at first.



It's Not Always Dyslexia



An astonishing 5 to 15% of people in the US struggle with dyslexia. Because of this high rate, you might not be surprised if your child or a child you work with receives this diagnosis. But sometimes that diagnosis deserves a second look.

According to Dr. Judy Cao, "Having eye tracking difficulty and skipping words when reading are vision problems that often mimic dyslexia. While vision therapy doesn't solve dyslexia, it often can mitigate symptoms by treating the underlying visual problems." In other words, sometimes, undetected vision conditions are making the dyslexia worse than it needs to be.

Do you work with patients with dyslexia? We would love to help you help them. We enjoy collaborating with psychologists, occupational therapists, physical therapists, speech therapists and all types of health professionals to see how as an inter-professional team we can provide top care for patients.



Tuyen's Story Cont.

But Dr. Judy quickly put her at ease. Tuyen says, "She is so kind, friendly, and professional. The first appointment happened perfectly. She answered all my questions, from the processing, cost, and my concerns about my case... During my therapy time, she always listens to my issues and finds solutions quickly."

After just two sessions, Tuyen's eyes improved dramatically. All of the sudden she could clearly see objects from afar, and she no longer needed to close one eye when she was driving.

Not only that, but she reports that her eyes are all around stronger than before.

"The feeling helps me be more confident," she says.

Tuyen highly recommends that anyone with similar vision problems meet with Dr. Judy, and see how vision therapy can help them overcome their struggles.

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