Dear Colleagues and Alumni,

We would like to invite you to the School of Optometry and Vision Science Alumni Continuing Education event on 1 July for a pleasant evening of cocktails with colleagues and intellectual stimulation.

We have Professor Bruce Evans presenting on two topics, (1) The optometric uses of precision tinted lenses and (2) Migraine and other headaches: the role of the optometrist.

Hope to see you there.

Professor Fiona Stapleton  
Head, School of Optometry and Vision Science

When: Monday, 1 July 2013

Where: School of Optometry and Vision Science, University of New South Wales, Kensington Campus (enter Gate 14, Barker Street)

Schedule:  
6:00-7.00 pm: Registration / Cocktail Reception - UNSW Optometry Clinic  
7.00-7.10 pm: Official Welcome and Address  
Professor Fiona Stapleton  
Head, School of Optometry and Vision Science, UNSW  
7.10-8.00 pm: Presentation by Professor Bruce Evans  
The optometric uses of precision tinted lenses  
8.00-8.15 pm: Refreshments  
8.15-9.00 pm: Presentation by Professor Bruce Evans  
Migraine and other headaches: the role of the optometrist  
9.00-9.10 pm: Questions from the Audience  
9.10-9.15 pm: Closing Comments  
Professor Fiona Stapleton  
Head, School of Optometry and Vision Science, UNSW

RSVP: by Tuesday, 25 June 2013 to optomalumni@unsw.edu.au

Enquiries may be directed to (02) 9385 5565.

CPD points applied for:  
3 (no assessment)  
4.5 (if online assessment completed)
More about the speaker:

Professor Bruce Evans

Professor Bruce Evans, PhD FCOptom DipOrth DipCLP FAAO FBCLA is a registered and practising optometrist. He was awarded a PhD in 1991 on the role of visual problems in reading difficulties. He achieved Fellowship of the College of Optometrists in 1997. He was Senior Lecturer in Paediatric Optometry at the Institute of Optometry 1993-1997 and has been their Director of Research since 1998. Professor Evans is currently Visiting Professor of Optometry in the Faculty of Health & Social Care at London South Bank University and in the Department of Optometry and Vision Science at City University. He has published over 200 papers and authored textbooks on binocular vision anomalies and on visual factors in dyslexia. His main research interests are binocular vision anomalies, dyslexia and vision, visual factors in migraine, and quality of care in optometry.

Abstracts

Optometric uses of precision tinted lenses: There is now considerable evidence supporting the existence of a form of visual stress that can be alleviated with coloured filters. This condition is sometimes called Meares-Irlen Syndrome/Visual Stress (MISVIS). The symptoms of MISVIS will be summarised, including visual perceptual distortions when viewing text or patterns (e.g., text moving, blurring, flickering, and glare from the gaps between lines and words), eyestrain (sore and tired eyes, aching eyes) and headaches. MISVIS has an increased prevalence in people with reading difficulties (e.g., dyslexia), migraine, epilepsy, and autism. The symptoms of MISVIS are reduced by using individually prescribed coloured filters. Coloured overlays (transparent sheets that are placed on the page) are often used to screen for the condition, and a Pattern Glare Test can be helpful. Precision Tinted Lenses are prescribed with the Intuitive Colorimeter so that the required colour can be determined with the precision that is sometimes required. In the lecture the research on this intervention and associated optometric tools will be summarised. In particular, relevant published randomised controlled trials will be outlined together with recent fMRI studies that have validated the treatment and thrown light on the mechanism for visual stress. The need for accurate differential diagnosis and detecting other potential causes of symptoms will be emphasised.

Migraine and other headaches: the role of the optometrist: Optometrists frequently encounter patients with headaches and this talk has two different themes to help the optometrist manage these cases. First, optometrists as primary healthcare practitioners are often the first professional who is consulted by a patient with a new, changing, or even long-standing headache. The optometrist must be able to classify headaches and to recognise and provisionally diagnose the type of headache. In particular, the optometrist needs to detect headaches that require medical attention and to prioritise the referral in these cases. The presentation will review the classification and diagnosis of different types of headache, stressing the signs of headaches of pathological origin.

Second, patients often ask the optometrist whether there is an ocular cause for their headaches, typically whether glasses will help the headaches. The talk will review the limited scientific and clinical literature to give optometrists practical guidance on detecting and treating cases that may be amenable to optometric interventions. A few cases of migraine are visually precipitated and coloured filters can be an effective intervention for some of these patients. More conventional optometric interventions (e.g., refractive and prismatic spectacles) for headaches will also be discussed.