

Lynne Noon, OD

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Contrast Sensitivity

There is more to visual acuity than a measurement taken by reading high-contrast black letters on a white background on a standard eye chart. While this type of measurement tells the eye doctor a great deal about the patient's vision, it does not tell the whole story.



Mars Contrast Sensitivity Test

Contrast sense is an important component of vision. The higher the contrast between an object or word and its surroundings, the easier it is to see. For example, it is much easier to see black objects on a white background than to see color on color. Contrast sensitivity measurements enable the eye doctor to predict how a patient can actually see and is a good predictor of how a person is able to function in his or her environment. The patient may actually

read well on a standard eye chart, yet complain that their vision is foggy and that they cannot read or easily perform daily tasks. These patients also complain of extreme glare sensitivity and complain of poor vision and discomfort on a sunny day. Most eye diseases cause decreased contrast sensitivity.

Most patients with poor contrast sensitivity will benefit from increased task illumination and glare control. They will also benefit from environmental modification such as increasing the contrast between an object and its surroundings. For example, it is much easier to see the liquid level of coffee being poured into a white mug than being poured into a dark mug.

ViewFinder Clients Love New Wellness Protection Eyewear

Rarely does a product come along that is almost universally loved by people who are visually impaired. One such product is the new Wellness Protection Eyewear from Eschenbach. Since we started



Eschenbach Wellness Protection Eyewear

carrying them this past January, we have had a hard time keeping them in stock. Our patients try several eyeglass tints both indoors and outdoors to find a tint that not only makes their eyes comfortable but also helps them see better. The majority of our patients are choosing this new lens and frame line not only for its comfort but also because the enhanced contrast that the lenses provide helps them see more clearly.

In the visible light that is part of the electromagnetic spectrum, blue light is the high energy, short wavelength light that can easily scatter as it crosses through different media in the eye, causing intra-ocular glare and reduction in contrast. This affects the ability to separate an object from its background (decreases contrast). The new Wellness Protection Eyewear blocks bothersome blue light - thus reducing intra-ocular glare, increasing contrast and improving the Wearer's vision.

Wellness Protection Eyewear features yellow lenses that protect the eyes by blocking light 470nm in wavelength and less, cutting out most blue light. In addition, the Wellness Protection Eyewear can be purchased with or without the patients eyeglass prescription.

The Wellness Protection Eyewear features an attractive frame with side shields that provides protection, comfort and style. Although the frames provide

excellent, full coverage, the shields still allow air to circulate freely avoiding the "fogging-up" effect that can occur with more snug fitting eyewear. And, since it is designed in Germany, Wellness Protection Eyewear naturally has European style. The frame is available in both women's and men's sizes.

There are three tint options: a light 15% yellow-brown, a darker 65% yellow-brown, or a gradient that is 50% yellow-brown at the top of the lens and decreases to 10% at the bottom of the lens. These tints give users a choice in how much overall light they wish to have blocked, and the gradient option provides the ability to block more light looking straight ahead and less light when looking down.

Miscellaneous News

◆ **ViewFinder College Scholarship** application forms are due by April 30, 2010. This scholarship is available to visually impaired students. Please request an application at info@viewfinderlowvision.com.

◆ **ViewFinder Teacher & Student Low Vision Aid Grants** are distributed at the end of each quarter. Please request a grant at info@viewfinderlowvision.com. An application is not necessary.

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Our doctors also see patients at several satellite offices throughout the state of Arizona. Please call our toll free number 866.924.8755 or 480.924.8755 to schedule an appointment at one of these offices.

www.ViewFinderLowVision.com

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