

BEHAVIORAL OPTOMETRY

WHAT IS BEHAVIORAL OPTOMETRY ?

You may not be aware of it, but your visual system brings you much information about your world. When you look at something, you don't just «see» with your eyes; you inspect, discriminate, identify and interpret - all as a part of your visual system.

Behavioral optometry is an expanded area of optometric practice. When you visit your behavioral optometrist, you may notice a difference in your examination. You will find that you are tested for very specific visual skills. You may find that many of your questions about vision are answered. And you will receive the clinical guidance you need to develop the skills which provide for an efficient visual system.

WHY BEHAVIORAL OPTOMETRY ?

Our ancestors had hunter's eyes for survival in the wilderness; their vision was designed for spotting game and enemies at a distance.

In the last 100 years we have been forced to deal with sustained, near visual tasks and the resulting stress on the visual system has produced many symptoms and problems. If you experience headaches, blurred vision, tired, itchy or watery eyes or other vision linked problems, you may already know how uncomfortable sustained visual stress can feel. Your discomfort may be related to the heavy vision load of working at near distances.

If you are a student, you may read almost three times the number of textbooks your grandparents did. If you are employed in an office, you probably use your visual system for hours of close-up work. If you work with computers, you may spend much of your day looking at a computer screen. These tasks can all contribute to visual stress.

Even if you have «20/20 eyesight» you may have difficulty working at close tasks. The term «20/20» means you can see well at distance of 20 feet or more, it does not usually refer to how well you see at 12-16 inches, the distance at which you do most of your close work.

THERE IS A SOLUTION

Your behavioral optometrist had studied the effects of stress on vision. Through the use of carefully selected stress-relieving and preventive lenses and visual training, you can enjoy relief from even the most stressful close-up visual conditions.

YOUR BEHAVIORAL OPTOMETRIST

takes a holistic approach to vision care. You are treated as a whole person and your visual problem as a part of the whole system. Your behavioral optometrist works WITH you and your children, rather than doing something TO you.

You and your children will receive help in developing the important visual skills you may need to reach academic and professional goals. Even the visual achievement of successful learners and earners can be enhanced through behavioral optometric care.

WHO NEEDS A BEHAVIORAL OPTOMETRIST ?

Behavioral vision care is useful to virtually all patients. However, the following individuals will especially benefit :

- Children of all ages, but especially children just starting school
- Children who are having trouble with reading or learning
- Children who seem to be uncoordinated in visually demanding sports
- Children who are considered «behavior problems»
- Children who are reading «below their potential»
- Anyone who participates in athletics and wants improved performance
- Anyone who works at a computer
- Anyone who has a visually demanding job
- Anyone who suffers from burning, itchy eyes, eye strain or visual fatigue (with no medical eye problem)

CONSEIL GENERAL

Motion n° 80 (Bruxelles, 8 Juin 1988)

«Le Conseil Général de la Société d'Optométrie d'Europe, réuni à Bruxelles le 4 Juin 1988, a examiné et approuvé le document signé par les participants au 21^e Congrès Scientifique et en décide sa diffusion la plus étendue».

L'Optométrie est une science non-médicale qui, au cours de ce siècle, s'est développée dans les Pays technologiquement les plus avancés. Elle s'occupe de prévenir et compenser les problèmes visuels en se servant exclusivement de systèmes optiques. En tant que tels, ceux-ci influencent donc exclusivement la manière dont les images sont perçues par cette fonction devenue désormais essentielle dans le monde: «la vue». L'Optométrie ne revendique pas des compétences qui ne lui appartiennent pas telles que, par exemple, le traitement de situations pathologiques. Par contre, la profession, légalement structurée, indépendante de la médecine et enseignée au niveau universitaire aux États Unis, au Canada, en Grande Bretagne, ainsi que dans d'autres Pays à haute technologie, fournit des services et assistances qu'aucune autre profession ne peut donner. L'homme moderne, les cultures produites par une technologie toujours plus avancée dont les caractéristiques spécifiques engendrent des problèmes visuels, obtiennent de l'Optométrie des prestations qui, à leur tour, sont hautement bénéfiques à l'humanité. La Société d'Optométrie d'Europe, en son Congrès qui célèbre les 20 ans de sa fondation, rappelle à la Communauté Economique Européenne, à la Nation Europe qui se propose comme futur des citoyens européens, l'esprit qui a constitué les bases de sa fondation: développer et légaliser la profession et son enseignement en Europe. Le Traité de Rome fonda l'Europe, l'Acte Unique lui confère une approche moderne. La Société d'Optométrie d'Europe repropose à la Communauté, à l'Europe, la nécessité pressante de reconsidérer une profession nouvelle et en même temps Indispensable à un Pays grand et moderne: l'EUROPE.

GENERAL COUNCIL

Motion # 80 (Brussels, June 4, 1988)

«The General Council of European Society of Optometry in the meeting in Brussels on June 4, 1988, examined and approved the document signed by the participants of the 21st Congress and decided on its widespread diffusion».

Optometry is a non-medical science which has evolved in the course of this century in the most technologically advanced Countries. It is concerned with preventing and compensating vision problems by availing itself exclusively of optical systems. As such, these systems influence only the way in which images are perceived by that function which has become essential in today's world: «vision». Optometry does not desire competence which is beyond its domain like for example the treatment of pathology. On the contrary, the legally structured profession, independent from medicine and taught at the University level in Canada, United States, United Kingdom and other high technology Countries, offers services and assistance that no other profession can give. Modern man, whose culture is expressed by more and more advanced technology with specific characteristics producing vision problems, obtains services from Optometry which, in turn, benefit mankind. The European Society of Optometry, in its Congress which celebrates 20 years since its foundation, reminds the European Economic Community, the Nation Europe that poses as the European citizen's future, of the spirit which constituted the basis of its foundation: to enhance and legalize profession and teaching in Europe. The Rome Treaty founded Europe; the Single European Act gives it a modern approach. The European Society of Optometry entreats both the Community and Europe to consider the pressing need for a new and at the same time necessary profession for the great and modern Country of EUROPE.

CONSIGLIO GENERALE

Mozioren°80(Bruxelles, 4Giugno 1988)

«Il Consiglio Generale della Società d'Optometria d'Europa riunito a Bruxelles il 4 Giugno 1988, ha preso in esame ed approvato il documento firmato dai partecipanti al 21^o Congresso e ne decide la massima diffusione».

L'Optometria è una scienza non-medica evolutasi nel corso di questo secolo nei Paesi tecnologicamente più avanzati. Essa si occupa di prevenire e compensare i problemi visivi avvalendosi esclusivamente di sistemi ottici. In quanto tali, questi ultimi influenzano esclusivamente il modo in cui le immagini vengono percepite da quella funzione divenuta ormai essenziale nel mondo attuale: «la vista». L'Optometria non vuole competenze che non le appartengono come, per esempio, la cura di situazioni patologiche. Per contro, la professione, legalmente strutturata, indipendente dalla medicina ed insegnata a livello universitario in Canada, Stati Uniti, Gran Bretagna ed altri Paesi ad alta tecnologia, fornisce servizi ed assistenze che nessuna altra professione può dare. L'Uomo moderno, le culture espresse dalla sempre più avanzata tecnologia le cui specifiche caratteristiche producono problemi visivi, ottengono dall'Optometria prestazioni che, a loro volta, portano beneficio all'Umanità. La Società d'Optometria d'Europa, nel suo Congresso che celebra i 20 anni della sua fondazione, rammenta alla Comunità Economica Europea, alla Nazione Europa che si pone quale futuro dei cittadini europei, lo spirito che ha costituito le basi della sua fondazione: sviluppare, legalizzare professione ed insegnamento in Europa. Il Trattato di Roma fondò l'Europa; l'Atto Unico le conferisce un approccio moderno. La Società d'Optometria d'Europa ripropone alla Comunità, all'Europa, la necessità impellente di riconsiderare una professione nuova e nello stesso tempo necessaria ad un grande e moderno Paese: l'EUROPA.