

# Breakthrough in addressing dyslexia

**McCrystal Opticians, based in Dungannon, have become one of the first opticians in Northern Ireland to offer a new and proven approach to tackle the difficulties experienced by children with dyslexia and reading issues.**

Dyslexia is a broad term, generally describing a type of learning difficulty that primarily affects the skills involved in the reading and spelling of words. The symptoms of dyslexia include blurred print, rapid tiring, movement or 'shimmering' of the print when reading, headache, visual discomfort and/or red, sore, watering eyes.

Principal Optometrist, Mr Noel McCrystal opened his practice some 18 years ago. Through his own personal difficulties with dyslexia, he embarked on a journey of detecting and helping individuals with visual dyslexia, firstly by using the 'Chromagen' patented system of colour treatment, and then by advancing further using the 'Intuitive Colorimeter' machine to open up all the possibilities of further colour permutations. It was not until he went forward and investigated, studied and completed a Diploma in 'Schoolvision' practice did all the parts of the puzzle finally fit together.

Mr McCrystal goes on to say "The 'Schoolvision' concept does indeed use colour as a basis, but also involves a deeper understanding of the anomalies of physical muscles inside the eye (the focussing muscles) and the muscles outside the eye (the muscles that control eye movement) and correcting them accordingly, in this whole process aimed at stabilising the dominant eye."

"Schoolvision' has the potential to make a positive impact on those children who are struggling at school due to vision-associated learning difficulties. Not only are we seeing children making fantastic progress with their school work, but it has also in some cases, improved co-ordination, balance, and most importantly, confidence."

The signs that parents should look out for include a slowness or difficulty in reading print, the child moving closer or



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further away from the page, becoming restless quickly, using their finger as a marker, skipping words or lines, rubbing their eyes and blinking excessively. Low self-esteem can also be an issue. It is this low self-esteem which can

lead to disruptive behaviour, disguising frustration and being an under achiever, due to visual stress.

One parent adds "...Since my daughter embarked on the 'Schoolvision' programme with Mr McCrystal, her



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Although originally created for school children, the principles of 'Schoolvision' can also be applied to adults with occupational difficulties, suffering headaches and eyestrain in this intense world of laptops, tablets and smart phones, where the eyes haven't yet evolved to cope with so much close work.

Further detailed information can be found at: [mccrystalopticians.com/dyslexia-schoolvision.html](http://mccrystalopticians.com/dyslexia-schoolvision.html) or feel free to contact the Practice on 028 87 722379.