

What to do

We are really lucky in Shropshire, as we have the only Primary Care Trust (PCT) in the country that does this testing for FREE!

For more information on Meares Irlen Syndrome or how to get referred for testing please contact us using the information on the back page.

Overlays are good but not as good as the precision tinted lenses



The Dyslexic Dyslexia Consultant

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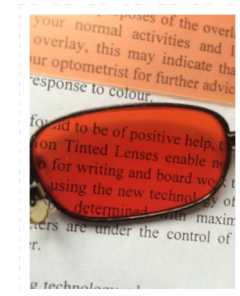
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Meares Irlen Syndrome



The Dyslexic Dyslexia Consultant

Working with businesses, education establishments & the self-employed since 2007

Symptoms

Do your eyes ache or get sore when reading?

Do your eyes get watery or feel sandy when reading?

Does text go blurry or hazy when reading?

Does looking at black text on white paper hurt your eyes?

Does reading make your eyes feel sore, fuzzy or even fizzy!

Do you get tired when reading?

Do words jump, swirl ...

More Symptoms...

move, wobble, flicker or move around the page when you read or look at text?

Do you prefer to read in dim light?

Do you like reading with sunglasses on?

Do you get headaches from reading?

There are lots of Meares Irlen Syndrome symptoms, these are just a few.



The Process



Stage 1: Overlay testing
Overlays are for temporary use only!

Stage 2: Trail the overlay
You are asked to use the overlay for about two months to check if you need to continue onto Stage 3.

Stage 3: Colorimeter Test
At this stage you look into a machine called a colourimeter, this is to find out what 'specific' colour you need your glasses to be. This is when you provide the hospital with a pair of glasses.

Stage 4: Tinted Lenses
A pair of precision tinted lenses are dipped in the specific colour you need (Stage 3) and are fitted into the glasses you provided the hospital with.



Tinted lenses can be quite a different shade/colour to your overlay!

