



8TH INTERNATIONAL CONGRESS OF BEHAVIOURAL OPTOMETRY

Speaker: Stephen Leslie
Credentials: President, ACBO
Time/Date Scheduled: 1300 – 1500 on Thursday, 26 April
Location: Plenary

Presentation Title: **Pattern Glare, Photosensitivity & Tinted Lenses**

Abstract: People with the specific condition known as "pattern glare" are abnormally photophobic, as well as being extremely sensitive when viewing particular types of repetitive striped patterns. Printed reading material can sometimes have the same effect due to the spatial effect of rows of words and spacing; as a result people with pattern glare possibly can have issues with reading of text due to the high contrast spatial frequency of reading material. People with pattern glare issues commonly complain of significant eyestrain, headaches, and even words moving when reading, as well as increased light sensitivity, particularly to certain types of fluorescent lighting, flickering light or reflections. Pattern glare can occur without other health issues, but can also be associated with a number of conditions. Specifically selected tinted lenses have been found to be significantly beneficial for some people in reducing symptoms of eyestrain and headaches and reading difficulty due to pattern glare.