

Motion Sickness? It may be related to your vision!

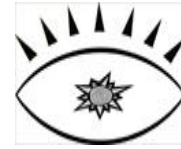
Motion sickness is a fact of life for millions of adults and children. They dread travel by airplane or car, avoid 3-D movies and carnival rides, and stay away from boats. They take Dramamine or ginger to try to control the symptoms and some try hypnosis. Most assume that this malady is just an incurable part of human nature.

Surprisingly, frequent and severe motion sickness associated with a condition known as Neuro-Ocular Vestibular Dysfunction is often effectively treated by corrective glasses, vision therapy, or a combination of both. To understand why this treatment works, let's take a closer look at the connection between vision and our brains:

Our eyes are the sensory receptors for vision and, along with the peripheral sensory receptors within the middle ear, they transmit information to the brain. Even when there is movement within our environment, the brain's vestibular system allows us to have a sense of balance and calm, and information is processed so that we know where we are in space.

The brain's central processing relies on data from all of our senses, integrating auditory and tactile information as well as that from our sense of movement and muscle awareness. In order for us to have a sense of physical stability the "neural software" of the vestibular system must effectively integrate all of this sensory information. The dominant sensory system, however, is vision.

We can see, then, how motion sickness can be a result of faulty visual-vestibular integration. This lack of integration is typically associated with visual conditions involving improper binocularity (eye teaming), accommodation (eye focusing), ocular motor skill (visual tracking) and/or visual perception. The visual condition alone may not be severe enough to be easily noticed by the patient, but it may be just severe enough to interfere with the visual-vestibular connection. The result is motion sickness when



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The good news for patients diagnosed with Neuro-Ocular Vestibular Dysfunction is that a short course of office-based vision therapy, often combined with corrective lenses, offers an effective solution. The course of treatment may be as short as three months and will include some home activities. Although results depend on a variety of factors, for most patients the end result is a life free of severe motion sickness.

Reference:

Fortenbacher, Dan L., OD FCOVD. The See-Sick Syndrome ..when visual dysfunction causes motion sickness. <http://wp.me/pUDMK1-wl>

More information about vision therapy can be found at: www.covd.org or www.eyepriority.com

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