

# ABEL, ROBSON & FALKENSTEIN OPTOMETRISTS

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## Mark Falkenstein            BIO

Graduated in South Africa as an Optometrist in 1981, soon followed with period of post-grad study at the London Refraction Hospital.

Came to Australia 20 years ago and has since furthered his study in general optometry and also in Iridology at Nature Care College.

Has completed Ocular therapeutics, and more recently Clinical Imaging, at a Masters level, at UNSW, which explains variety of equipment in his practice .

Involved in ongoing education in Behavioural Optometry and has a special interest in this field.

Behavioural Optometry is the branch of Optometry which also goes beyond simple seeing. It looks at how the brain deals with what it has seen and how the eyes work together. Large part of his working day is devoted to children, many of whom have learning difficulties.

Is the Vice President and Chairman of SPELD NSW- Specific Learning Difficulties Organisation of NSW

<http://www.speldnsw.org.au/>

SPELD NSW is a non-profit-making association of parents and professional persons interested and involved in advancing the education and general well-being of children and adults with Specific Learning Difficulties / learning disability.

Does regular practice of Yoga

And has been involved with VCFS since 2000.

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## PARENTS GUIDE TO DELETION 22Q11 & VISION

- People with **VCFS** often have **vision** or eye problems, many of which are readily improved with simple treatments, like exercises. The difficulties are often related to the low muscle tone commonly seen in **VCFS**, as the eyes rely on numerous sets of muscles to keep them functioning properly.
- Typical **vision** findings amongst the **VCFS** population may include one or more of the following:
  - • Reduced accommodation (focussing).
  - • Reduced convergence (ability to point the eyes closely).
  - • Irregular retinal vessels.
  - • Squint.
  - • Puffy eyelids.
  - • Narrow eyelid openings.
  - • Poor visual perceptual function eg: memory encoding and reduced visual spatial skills.
- It is important to include regular visual assessment as part of the ongoing care regimen for every person affected by **VCFS**

## Now what - should I panic?

- Everyone have vision and eyes examined at least every 2 years, even unaware of a problem
- **VCFS** expect vision function difficulty, thus remember vision exam
- Optometry- specialize in vision. Behavioural optometrists- visual function (more than sight)
- Ophthalmologists- medical doctors specialized in eye disease and surgery

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