Irlen Color Can Change

If your Irlen Filters do not work, or stop working, do not feel that the technology does not work. A return of symptoms or discomfort is a sign your color needs adjusting.

If Symptoms Return or Filters Stop Working, Schedule a Filter Check

Irlen Spectral Filters should not become less effective over time. If you feel your Filters aren’t working as well as they used to, contact your Irlen Diagnostician for a Filter Check.

**Irlen Diagnostic Center**

**Abilities OT Services, Inc.**

**Shoshana Shamberg OTR/L, MS,**

Irlen Diagnostician

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[www.irlenvlcmd.com](http://www.irlenvlcmd.com)

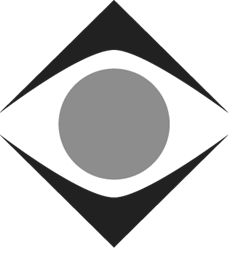
410-358-7269

Shoshana@aotss.com

**Do You Need A Filter Check? Find Out.**

Filter checks make sure your Irlen Spectral Filters are still the right color for you. Find out how you know when it’s time for a filter check.

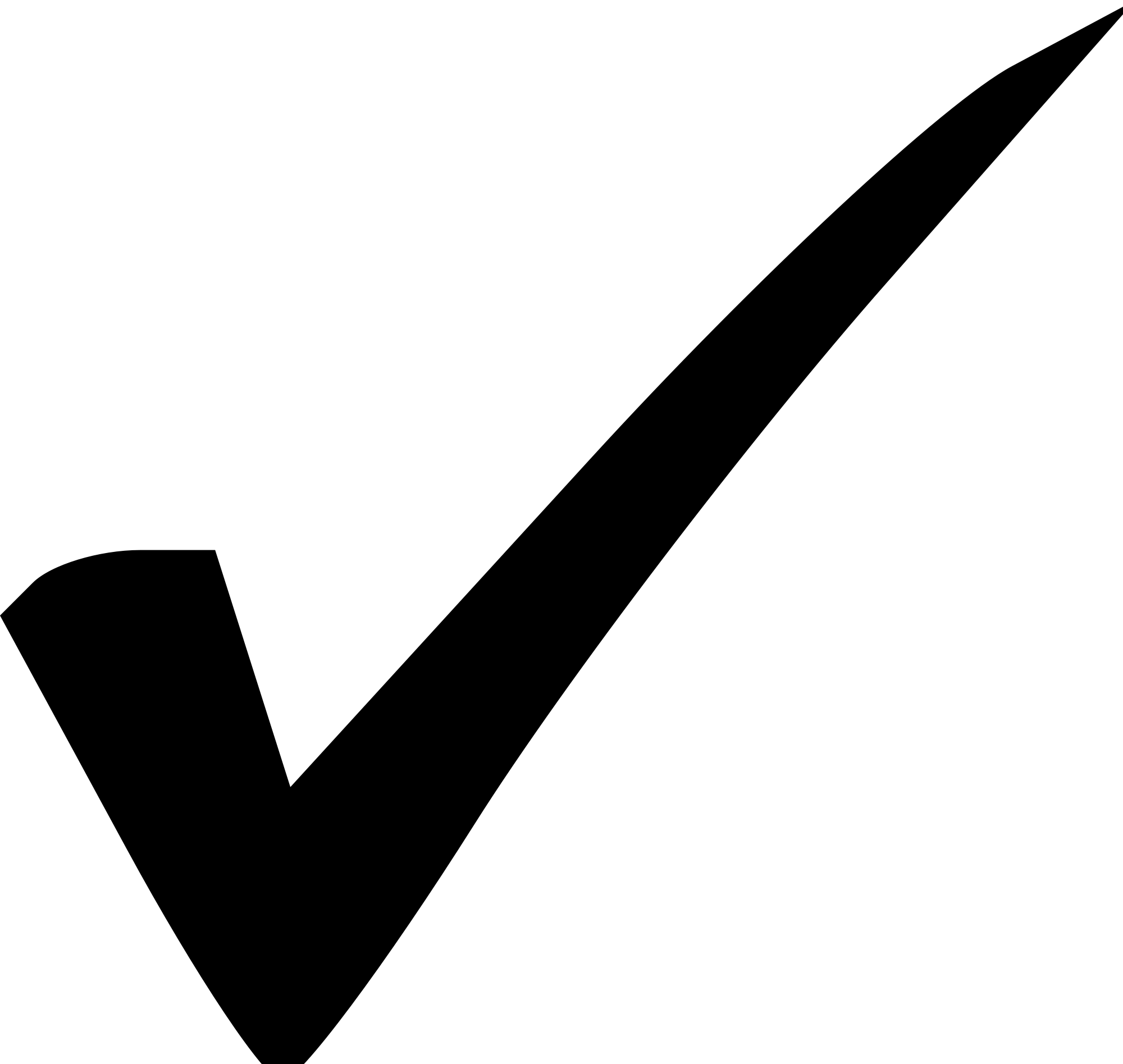
Irlen International



Important Reminders

1. We recommend Filter Checks once a year.
2. When reordering prescription glasses through your eye care professional, be sure to specify CR-39 plastic lenses only, with no added coatings.
3. If you are interested in contact lenses with Irlen filter colors, please contact your Irlen Diagnostician for complete information.
4. Irlen Lens Cleaner is available in 1 oz. spray bottles and 8 oz. refill bottles from www.irlen.com.

**www.irlen.com**



**Reasons for   
Annual Filter Checks**

**Gradual Fading.** Exposure to light can cause your Irlen Spectral Filter color to get lighter, darker, or change. Because the change is gradual, you may not even realize it is happening.

**Illness (including high fevers).**

**Antibiotics, Medications, Drugs.** Even pain medication, Viagra, steroids, ventilators, asthma medication, and birth control pills may make your Irlen Filters ineffective or less effective.

**Growth Spurts or Hormone Changes.**

**Emotional Trauma or Stress.** Death, divorce, work stress, or personal stress for adults, or school and peer problems can cause color needs to change.

**Accidents,** especially traumatic head injury, concussion, whip lash, or blows to the head.

**Chemotherapy or Detox Protocol.**

**Anesthesia** associated with medical operations or dental oral surgery.

**Change in Visual Prescription.**

**Check Yourself**

* **Note how long you (your child) can read** without discomfort when you first receive your Irlen Filters. Write this time down and recheck yourself every six months. When you notice that you cannot read as long as when you first received your Irlen Filters, it is time for a recheck. Time:
* **Distortion Pages.** If you are not as happy about your reading as when you first received your Irlen Spectral Filters, check to see if any of the following distortions have returned: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* **Pay attention to emotional or physical changes.** Recognize the connection between these behaviors and Irlen Syndrome. Your key physical symptoms have been circled:

Headaches

Stomachaches

Dizziness

Nausea

Fatigue

Eyes twitching

Restless

Fidgety

Irritable

Uptight

Tremors

Stuttering

Disruptive speech

Problems with word retrieval

Disruptive sleep

Inability to think clearly

Irrationality

Anger

Poor comprehension in social situations

Combative/argumentative

Not responding promptly in conversations or to instructions

* **Depth Perception/Coordination.** Do you find that you are tripping, bumping into things, having problems driving or judging distances, tracking, or dropping things?
* **Lighting.** Check yourself under bright/ fluorescent lights. While wearing your Irlen Spectral Filters, sit in a dimly lit room and have someone turn on the lights. If the color is correct, you should not notice any difference.
* **Night Driving.** Check to see if driving at night is more difficult. Are headlights or street lights bothering you?
* **Comfort.** Turn the TV to a channel which does not telecast. You will be seeing snow on the TV screen. Can you comfortably watch the snow?
* **Computer.** Try scanning text on a computer screen.You can also try watching market quotes as they scan across the TV screen.
* **Overlay vs. Filters.** Compare the improvement of the overlay versus your Irlen Spectral Filters when you first receive your Irlen Spectral Filters and then again every few months. I have stapled your preferred overlay over part of this sheet.