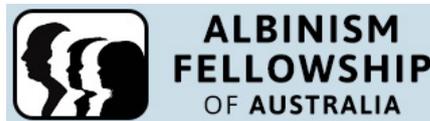


# Tune your vision



*“Comparing vision to the sound on an old radio” a note from Dr Shari Parker (PWA, Sydney)*

Shari was thinking about how some of her patients with neurological conditions like multiple sclerosis, Alzheimer's and stroke can experience troubling variability in their function. Thank you so much Shari for helping us to better understand.

## FROM SHARI

Think of our vision (people with albinism/vision impairment) as like an old fashioned analogue radio.

With the old fashioned radio, you can work out what's being said on the ABC news (for example) even if it very poorly tuned amidst the white noise. It may take only a very very slight change in tuning to be able to make NOTHING out of what's being said, it can make no sense at all. The difference between functionally being able to hear and understand the news and being able to make out nothing at all is really on a hairpin.

As with this analogy, in our albinism vision, we too can see and make out the world despite being substantially "poorly tuned". We can interpret the world through the white noise that is around us. Again, it takes only a very little perturbation, a sometimes almost imperceptible changing of our visual tuning to make our vision uninterpretable or extremely distorted. On the other hand, our vision can sometimes suddenly and surprisingly be remarkably crisp & clear.

There are things that can improve or worsen the tuning of our vision. Our tuning is often improved with things like the 3 Rs Rest, recovery after intense use of our eyes & relaxing in general.

Things that move our vision in the off tuning direction include being sick, acute tiredness & stress, cumulative tiredness & stress, having sensory overload (e.g. Hectic environment with noise and / or busy visual input with lots of movement, colour and patterns), difficult lighting especially fluorescent, too much screen time and sometimes life in general especially as it accelerated in an ever increasing frenzy.

So do more of the things that tune your vision in and less of the things that make the tuning off.