

Nov 2020 38 CF referred by primary care OD

Cc: "Episodes" while driving started Oct 2019: "tunnel vision", felt like the car was on an incline, double vision, appearance of things "zooming in and out"

Episodes later triggered by computer screen, lights flashing through the trees, foggy mornings, a big church dinner with lots of people; takes hours to recover from episodes

Persistent difficulties seeing faces, signs appear wavy, overlooks things in plain sight, gets lost in new places

Neuro-ophthalmology diagnosed dry eye, but prescribed no treatment; pt tried OTC ATS gtts no relief

2<sup>nd</sup> Neuro-ophth told her "100% migraines"

Has tried 4 different migraine meds without relief

History of MS, "mild case" no new plaques for years on MRI

Childhood history of ADD, clumsiness, avoidance of sports

Anxiety diagnosed after birth of first child (and she was anxious as a child too)

Current meds: Wellbutrin, Retuximab injections, vit D, multivitamin

Healthful foods but lots of sugar too, longstanding history of slow transit time (2x/wk)

Findings:

20/20 od/os/ou D&N

CT Ortho, 8 x'p

Purs 4/1; Sacc 1+

NPC 3"/4" (7/10cm) but "panic" at 10" (25cm)

Stereo 70 sec, central OS suppr

ERRL, no APD; OD gr2 AO 2 sec, OS gr1 AO 1 sec

MR low mixed astigmatism, but subjective blur; improved w 2^ base-out (rx'ed by referring OD)

Syntonics Trial in-office yields gr1 AO 3 sec od, 2 sec os and NPC discomfort at 4" (10 cm); no change in pursuits

After 20 sessions of daily treatment, plus a few treatments after recurrent “episodes”

Pt feels more calm toward end of each 20-minute session

Episodes still occur when driving, but only on 15-20% of drives

- Worse with fog or gray skies (glare issue?)
- No decrease in severity of episodes

Able to watch TV without glasses

Able to spend 2 hrs on computer without glasses

No change in meds, neurology eval upcoming in 10 days

CT Ortho, 5 x'p

Purs unchanged but...; Sacc 2+

NPC 2"/3" (5/7cm) but “too close” at 5" (12cm)

Stereo 25 sec, intermittent OS suppr

ERRL, no APD; gr3 AO 3 sec OU

subjective blur after MR improved w 1^ base-in (2^ base-out now appears blurrier)

Base-in also yields 1"/2 NPC, less suppression during stereo, and bright MEM reflex

Brief Syntonics Trial in-office yields Change in Filters, gr2 AO 3 sec ou

Plan continue home synt for maintenance, but switch filters, and switch from BO to low BI