



From 20/1000 to 20/100

A Visual Journey
from Surviving to Thriving

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“Mom, I don’t wanna live like this”



- 47 y/o AAF referred by LV OD
- First Visit 27 April 2018
- Pulmonary Embolism 26 July 2017 (idiopathic)
 - Resuscitated twice by emergency med
 - 5+ week medically-induced coma
 - Saw “blackness” upon waking
- Med Hx of smoking (quit 4 yrs prior), poor diet, 20 lbs overweight
- Pollen Allergies, Reflux, Hysterectomy Mar 2018

“Mom, I don’t wanna live like this”



- Receiving care from
 - Low Vision Services, referred to my practice b/c pt has returned several low vision devices
 - OT-based vision rehabilitation “vision specialist”
- Current Symptoms
 - Not able to see details of faces, print, or pictures
 - but Peripheral Vision “is perfectly clear”
 - Photophobia (esp w fluorescent lights)
 - Not able to work as bank fraud investigator
(BS in rehabilitation, MS in Clinical Research)

“Mom, I don’t wanna live like this”



- Meds:
 - Eliquis (anticoagulant)
 - Trazadone (SSRI) and antidepressants
 - Omeprazole (PPI)
 - Accutane
 - Antihistamine
 - Stool Softener

“Mom, I don’t wanna live like this”



- Initial Findings
 - DVA 20/1000 cc od, os, ou
 - Fix losses w/ pursuits, head mvmt w/ saccades
 - Worth-Dot 2 lites at N (1R/1G), eso posture
 - Worth-Dot lites off beyond 67 cm
 - ERRL, 6=>4; gr4 AO 1 sec od/os

2018-06-05

“I’m pretty happy”



- Sustained CVF improvement
- Findings
 - DVA 20/800- od, still 20/1000 os
 - brief losses w/ pursuits, able to suppress head mvmt w/ saccades
 - Worth-Dot 2 to 4 lites at N, eso posture
 - Worth-Dot lites off beyond 100 cm
 - ERRL, 6=>4; gr4 AO 1 sec od/os (no change)
- “I’m pretty happy about how my eyes are improving, and everybody around me can notice the improvement”

2018-08-09

“I don’t skip a day”



- Consistent improvement on Campimetry
- Findings
 - DVA 20/800- od, still 20/1000 os
 - Improving pursuits, saccades
 - Worth-Dot lites off at 1 metre
 - ERRL, 5=>3; gr3 AO 1 sec od/os
- Symptoms continuing to improve
 - Able to read some signs, went to a movie, can see red and blue faucets, now volunteering

2018-11-08

“You’d be surprised”



- Findings
 - 20/700 DVA OU (and 20/800 od/os)
 - Worth-Dot sim perc to 10ft (~3+ metres)
 - Inaccurate spatial orientation of lights
 - ERRL 5=>3, gr2 AO 2 sec ou
- Symptoms
 - Able to watch sports, see dates on phone, wash clothes w/o help

Big Change



- March 2019
 - DVA 20/200 w isolated letters od,os,ou
 - No change in AO pupil
- August 2019
 - Little change: 20/200- w vert line od, os;
 - 20/200+ ou
 - No change in AO pupil
 - OMD Re-eval “She was surprised I could see so much”
 - REFER for Comanagement

PEMF Therapy



- Pulsed Electro-Magnetic Field
- 2 magnetic paddles
- Micro-current weaker than a TENS unit, thus labelled by FDA as “NSR”
- Every cell and structure has its own resonant frequency, injury interrupts resonance

Marty Kestin



- <https://ensomabodyworks.com/>
- Mr. Kestin prescribed
 - Concussion protocol to help mid-brain, optic nerve, and eye; anti-inflammation
 - Frequencies from Harry Van Gelder, Osteopath

2020-01-23

“People can’t tell I’m visually impaired”



- 20/200+ od, os, ou with horizontal line
– 2 out of 5 20/100 letters
- ERRLA, 5=>3, gr1 AO 8 sec ou (!!!!)