



VISION & CONCEPTUAL DEVELOPMENT CENTER

PERSONALIZED CARE. COMPASSION. RESULTS.

Adult Symptoms Checklist

SYMPTOMS

- Fatigue easily when reading
- Avoid near tasks such as reading
- Red-rimmed, crusted swollen lids
- Eye turn
- Squint, close, cover one eye
- Difficulty tracking moving objects, balls, etc.
- Short attention span
- Make errors copying
- Writing is crooked or poorly spaced
- Poor spelling
- Confuse right and left directions
- Confuse or reverse letters, numbers or words
- Dizziness
- Eyes bothered by light
- Carsickness
- Eyes hurt or tired after close work
- Head too close to paper when reading or writing
- Print “runs together” or “words jump”
- Print seems to move or comes in and out of focus when reading
- Headaches, nausea, or other discomfort when viewing 3D media
- Inability to appreciate depth in 3D media
- Text seems to double when reading or driving and looking at road signs
- Unusual posture or head tilt when reading or writing
- Frequent head turning while reading
- Skip lines or lose place when reading or copying
- Reread or omit words
- Do you find it difficult to use binoculars?
- Do you feel uncomfortable in a crowded area with a lot of movement, such as shopping?
- Do you tailgate when driving?
- Do you have trouble judging distance when parking or when pulling out into traffic?
- Do you find night driving difficult?
- Do you see more clearly with one eye with best glasses prescription?

If you find that you or your child have 3 or more symptoms on the checklist chosen, please call our office at 301-951-0320 or fill out our online [Request an Appointment](#) form to schedule your appointment.