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REFLECTIONS ON NYSTAGMUS

By Amanda Nelson

I have Nystagmus, and a few weeks ago The Nystagmus Network released a case study report on the effects of Nystagmus and quality of life.

(<http://nystagmusnetwork.org/nystagmus-and-quality-of-life/>
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The case study took a sample of people of different ages, and different kinds of Nystagmus. I like how they were able to provide a table of demographic information of the people who they interviewed. I believe this will help educate the general public on the variety of Nystagmus and how it's a life long condition.

In the report, the authors discussed three main areas of impact-which also included some subcategories of emotional impact.

The first topic of discussion was visual function, and the report stated that many people find it hard to watch tv, see street signs, and to recognize people. I agree with this because I do not watch tv, I struggle with seeing the details and the movement gives me motion sickness. Even though this is difficult, I can still enjoy YouTube and some Netflix shows. I have also tried the suggestion of watching tv with my telescope, however I do not prefer this method. The method I'm looking into now is audio description.

I struggle with seeing street signs; however, knowing the area helps, and having my telescope on hand to read the signs is helpful. Do not forget you can stop and ask for assistance.

Lastly, the next sub-topic was recognizing faces of friends and loved ones. I feel that when I am having a "bad" Nystagmus day either do to stress or being tired, I have a hard time recognizing faces. Even though this happens on occasion I can recognize them most of the time. One tip I use when I'm in a busy area is to remember what the person is wearing.