

BIOLOGICAL & NUTRITIONAL THERAPY

for food and chemical sensitivities and metal toxicity have also been shown to eliminate many symptoms of AD(H)D. Since biological problems can cause secondary visual symptoms, heavy metal detoxification is one of the most important treatments someone with an AD(H)D diagnosis should consider.

The public needs to understand that some behavioral optometrists, physicians, educators, mental health professionals, occupational therapists and allergists are all addressing the same symptoms and behaviors. The difference is that medication, special education and counseling (can) mask these symptoms and behaviors, while vision therapy, occupational therapy and treatment of allergies can (may) alleviate the underlying causes and thus eliminate the symptoms long-term.

When making a choice about treatment for attention deficits consider:

- Consulting a behavioral optometrist for a developmental vision evaluation,
- Having a child evaluated by an occupational therapist with expertise in sensory processing problems,
- Consulting an allergist regarding possible reactions to foods or airborne particles.

A sensible, multi-disciplinary, developmental approach treats underlying causes rather than the symptoms which are secondary.

References

- American Psychiatric Association, Diagnostic and Statistical Manual of Mental Disorders (DSM-IV), 1994.
- Berne, Samuel, O.D., FCOVD. Without Ritalin: A Natural Approach to ADD, Keats Publishing, 2001.
- Cheatum, Billye Ann, Hammond, Allison. Physical Activities for Improving Children's Learning and Behavior: A Guide to Sensory Motor Development. Human Kinetics, 2000.
- Getz, Donald, O.D., FCOVD. Seeing is Achieving: Improve Your Child's Chances for Success, Visual Edge, 1997.
- Jacobson, Michael. Diet, AD(H)D & Behavior: A Quarter Century Report, Center for the Science in Public Interest, 1999.
- Kimble, James. Eye Q and the Efficient Learner. Optometric Extension Program Foundation, 1997.
- Kranowitz, Carol S. The Out-of-Sync Child: Recognizing and Coping with Sensory Integration Dysfunction, Perigee Press, 1998.
- Optometric Extension Program Foundation. Vision and Sensory Integration, 1998.
- Rapp, Doris J. Is This Your Child?, Morrow, 1991.
- Sahley, Billie Jay. Control Hyperactivity ADD Naturally. Pain and Stress Publications, 1999.
- Weintraub, Skye. Natural Treatments for ADD and Hyperactivity, Woodland Publishing, 1997.
- Zimmerman, Marcia. The ADD Nutrition Solution, Henry Holt, 1999.

For Resources In Your Area

Vision Therapy

Optometric Extension Program Foundation, Inc.
1921 E. Carnegie Ave. Suite 3-L
Santa Ana, CA 92705
(949) 250-8070 or (800) 424-8070
www.oep.org

College of Optometrists in Vision Development
215 West Garfield Rd, Suite 210
Aurora, OH 44202
(330) 995-0718 or (888) 268-3770
www.covd.org

Occupational Therapy/ Sensory Integration

American Occupational Therapy Association, Inc.
Sensory Integration Special Interest Section
4720 Montgomery Lane
Bethesda, MD 20824-1220
(301) 652-2682
www.aota.org

SPD Network
5655 S. Yosemite Suite 305
Greenwood Village, CO 80111
(303) 794-1182
www.sinetwork.org

Allergies and Nutrition

Developmental Delay Resources (DDR)
(Distributor of books in References)
5801 Beacon St.
Pittsburgh, PA 15217
(412) 422 3373 or (800) 497-0944
www.devdelay.org

American Academy of Environmental Medicine
7701 E. Kellogg, Suite 625
Wichita, KS 67207
(316) 684-5500
www.aaem.com

Optometric Extension Program

Julie Steinhauer, OD, FCOVD
Vision For Life
2220 S. State Rte. 157, Suite 350
Glen Carbon, IL 62034
(618) 288-1489

(A nonprofit foundation for education and research in vision)
Copyright, Optometric Extension Program Foundation, 2009
Copyright 2003, Patricia S. Lemer, M.Ed. All rights reserved.
#B121

ATTENTION DEFICITS

A DEVELOPMENTAL APPROACH



OPTOMETRIC EXTENSION PROGRAM