

# The Optical Weather Report: Visual Snow Syndrome



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## Cira Collins

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## Class Overview



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## Why?



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## Why – The preachy slide

The future of addressing eye health issues is about being flexible, adaptive to the patient. It always has been, but we have to continue to seek flexibility in our protocols rather than rigidity. We, as opticians, are the point of greatest flexibility in the patient eye care spectrum.

Our role as Opticians when there are new health issues related to patient visual COMFORT, we need to be seeking education.

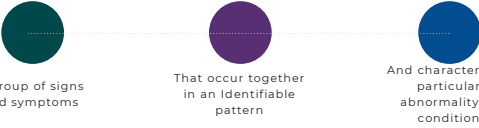
We can SUPPORT our PROVIDERS in bringing attention to the lived experiences of our patients.

We can be FLEXIBLE in our response to our patients and seek best comfort.



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## What is a Syndrome?



- A group of signs and symptoms
- That occur together in an identifiable pattern
- And characterize a particular abnormality or condition

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### What syndromes do you know?

Syndrome is often a precursor to understanding the mechanism of a disease.

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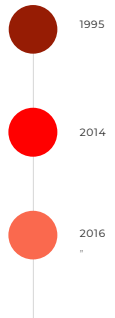


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### Timeline of VSS

Will it always be a syndrome?

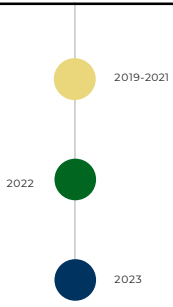
- 1995
- 2014
- 2016



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Research still ramping up


- 2019-2021
- 2022
- 2023




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### Visual Snow Syndrome (VSS) Diagnostic Criteria\*:

- Continuous Snow
- At least two other visual symptoms
- Symptoms not consistent with migraine aura
- Symptoms not explained by another condition or drug use

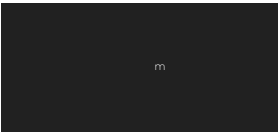


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Eye Exams yield no remarkable findings.

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### Without VSS



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How does it start?



From Birth      As a result of TBI      Onset  
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Visual Static:  
Mild, Severe,  
Eyes Shut



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Visual Static:  
Mild, Severe,  
Eyes Shut



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Palinopsia

Visual Echo/Tracers  
(84-86%)




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Spontaneous  
Photopsia

White or colored  
flashes of light  
(53-63%)




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Blue Field Entopic  
Phenomena  
(76-79%)


EXPLANATION



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Other Visual Phenomena




Nyctalopia  
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Photophobia  
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Snow + 2



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Comorbidities




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Tinnitus      Tremors      Migraines

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Mental Health Comorbidities

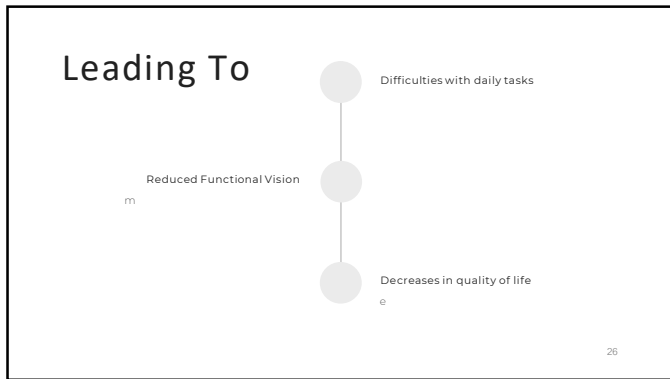
Causation is not clear.

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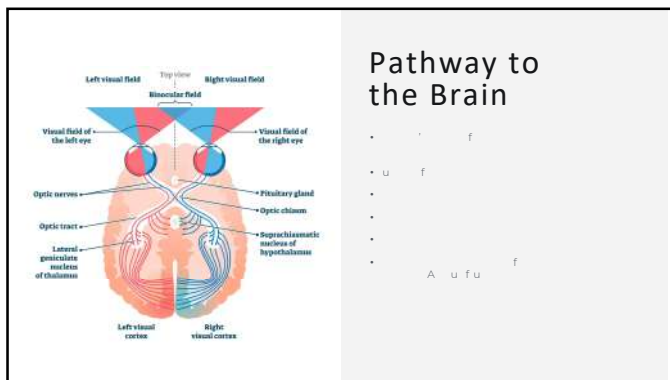
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## VSS is NOT an eye disease

It is a brain (neurological) disorder affecting sensory processing in the visual system. It is most similar to a visual version of tinnitus.

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### What Causes VSS?

Hyperactivity/Agitation of the Brain	Serotonin Networks: REDUCED Functional Connectivity	Glutamate Networks: REDUCED Functional Connectivity	Serotonin acts in insula, temporal pole and orbitofrontal cortex	Glutamate acts in Anterior Cingulate Cortex - Limbic
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### Current Treatments

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### Jessica

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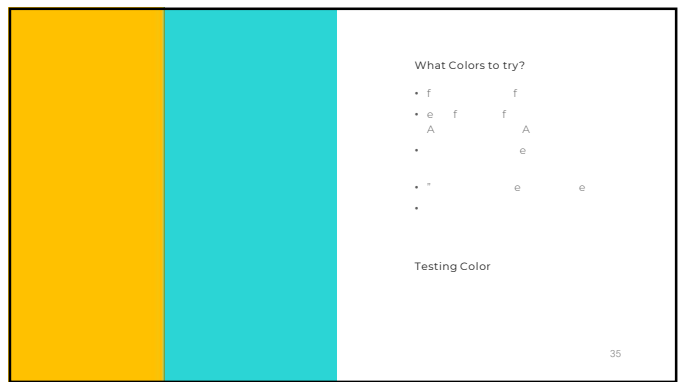
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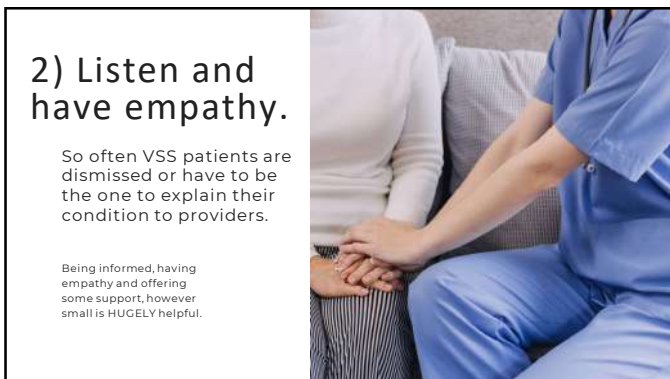
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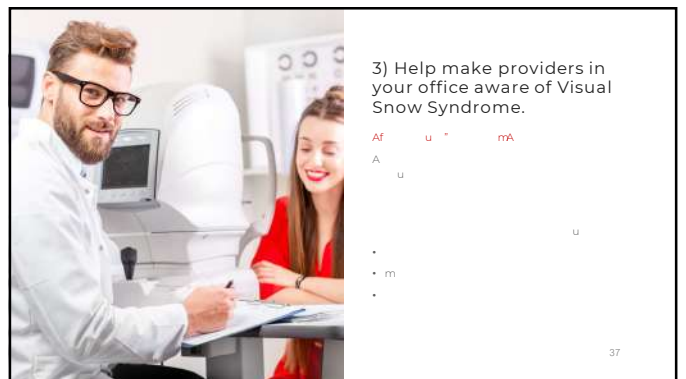
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## Resources


Visual Snow Initiative:  
[www.visualsnowinitiative.org](http://www.visualsnowinitiative.org)



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## Neuro Optometric Rehabilitation Association: NORA


[www.noravisionrehab.org](http://www.noravisionrehab.org)



Find providers who can deliver NORT, or learn how to become one.

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## Experts




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## For Community: Reddit

Information and Compassion

[r/VisualSnowStudies](https://www.reddit.com/r/VisualSnowStudies)   [r/visualsnow](https://www.reddit.com/r/visualsnow)



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## Visual Snow Syndrome Masterclass for Physicians

Medical professionals worldwide are invited to a 2-day (12-hour) course on recognizing & treating Visual Snow Syndrome (VSS).

This masterclass is affiliated with the Council on Optometric Practitioner Education (COPE), an accreditation program for optometric continuing education (CE) courses.

Physicians will earn:

- 12 CME credits per hour (12 credits total)
- Certification to diagnose & treat VSS
- How to assess, treat & manage symptoms using clinically-proven methods
- Learn the protocol, Neuro-Optometric Rehabilitation Therapy, published in *Frontiers*

Help make a positive impact on patient care and advance our understanding, management, & treatment of VSS globally.


Next stop: October 21-22, 2023  
**Toronto, Ontario**

Dr. Terry Tsang   Dr. Charles Shidlofsky

FOR REGISTRATION, PLEASE VISIT  
[WWW.VSSMASTERCLASS.ORG](http://WWW.VSSMASTERCLASS.ORG)

## For Optometrists and Ophthalmologists

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