

PSP/CBD Research Update and Family Conference
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What can we do about eye movement problems?

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Objectives:

1. To define the different types of eye movements and how we use them to experience vision
2. To review how eye movements can be affected in PSP and CBD
3. To discuss strategies to improve vision in PSP and CBD

Take home points:

We do not have treatment for the underlying causes of eye movement problems associated with PSP or CBD. However, there are some strategies that can help to improve the visual experience:

1. Avoid bifocals if you have eye movement limitations. Instead get separate pairs of single vision glasses optimized for distance and reading.
2. If you have double vision due to eye misalignment single vision can be achieved by closing or patching one eye. Sometimes prism glasses or eye muscle surgery can be helpful.
3. If you have reading problems, try adjusting letter size, letter spacing and line spacing to improve comfort. Try using a straight edge underneath a line of text to help you follow it.
4. A lot of structures involved in vision are not affected by CBD or PSP, but these can be affected by other diseases including cataract, glaucoma and macular degeneration. Annual eye exams are important to make sure you have the right glasses and don't have any eye diseases that may need treatment to improve vision or prevent progression.