

Kraskin Invitational  
Skeffington Symposium On Vision  
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*Astigmatism...with a Twist*

Steve Gallop, O.D.

**"Astigmatism is very  
difficult to define."**

**A.M. Skeffington**

(from Practical Applied Optometry)

**"The specific cause of  
astigmatism is unknown.  
It can be hereditary and is  
usually present from  
birth. It can change as a  
child grows and may  
decrease or worsen over  
time."**

(according to the AOA website)

**Astigmatism is not the  
problem.  
It is part of the person's  
attempt to solve the  
problem.**

**"If the embedded visual  
behavior is to be  
superseded by improved  
performance, through  
the process of training,  
the cylinders may  
well be a deterrent."**

**A.M. Skeffington**

(from Practical Applied Optometry)

Minus cylinder axis 180: individual is primarily having difficulty with discriminations and interpretations.  
Minus cylinder axis 90: individual is primarily having difficulty with orientations. If you can get rid of or reduce minus axis 180 cylinder, you get better results in visual performance and when it comes to axis 90, you've got to be a little more cautious about how you approach it.

Gerry Getman

**Your glasses have  
astigmatism.**

**The single most  
effective first step in  
visual training  
might be changing  
the habitual Rx.**

**Compensating lenses  
can cause more  
problems than they  
solve.**

**Sometimes maximum  
comfort and maximum  
artificial acuity  
cannot be had with the  
same compensating  
prescription.**