

# The importance of having an adaptable Mind-Eye connection

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## Abstract

Strokes can often lead to brain damage that affects mental health. Typically, mental health diagnoses are determined based on either objective measurement of brain activity or from an imbalance in neurotransmitters. An overlooked way to modulate neurotransmitters is by activation of the retina with individualized eyeglasses. The retina is part of the central nervous system, with bidirectional neuroendocrine and autonomic regulatory signaling occurring. The optic nerve signals influence body functions, such that changes in eyesight affect body processes, and changes in the body affect eyesight. Thus, future eye examinations and might need to be modified to take other functions into account, including how sensory information is processed and communicates with other brain circuitry. The balancing of incoming sensory signaling can alleviate a small percentage of mental health diagnoses after a stroke.

## Biography

Deborah Zelinsky, O.D. is an optometrist noted worldwide for her discovery of the use of eyeglasses to alter sound location, and her subsequent development of the Z-BellSM Test. This patented test allows Dr. Zelinsky and her team to prescribe lenses that synchronize the integration between auditory and visual sensory inputs. Currently, she serves as founder of The Mind-Eye Institute in Northbrook, on the board of directors for the Society for Brain Mapping and as treasurer for California Brainwaves organization. The goal in each organization is the same – to “Leave 20/20 in the 20th Century™” by enhancing eye testing to include more assessments of moving targets and overall awareness of surroundings. The measurement of 20/20 eyesight does not consider the periphery or sensory integration, both of which are critical in patients. More information can be found at [mindeye.com](http://mindeye.com).

## Importance of Research and Development

The eye examination for 20/20 eyesight was invented in 1862. At that time, it was a brilliant idea to standardize eyecare by having people graded by how small of non-moving, high contrast letters they were able to identify at 20 feet away. Currently, 160 years later, with the inventions of cars and computers, people are following moving targets more often – such as scrolling on a computer screen or scanning a road filled with traffic. The moving targets use peripheral eyesight rather than central acuity. Society needs to modify eye examinations for patients who have had strokes. The updated evaluation should include assessment of eye/ear linkage, reaction time and peripheral judgment of space. Not every skin is oily or dry. Not every hair has the same texture or size.

### **About University**

The Mind-Eye Institute is revolutionizing the eye examination by pioneering a campaign to “Leave 20/20 in the 20th Century!” It is a clinic and research facility, established in 1992, where patients’ visual processing (rather than simply eyesight and eye health) is assessed. As its founder, I believe our unique and successful treatment plan for subtle processing dysfunctions resulting from brain injuries might be a potential answer to some of patients who have suffered from strokes. So many studies have determined that eye movements are affected in brain injuries, but those eye movements are also intrinsically linked with the individual’s listening ability. Assessment of the linkage can both help identify people who are vulnerable to mental health issues.