

### **A New Outlook!**

While working for Drs. Todd and Kim Gunderson, I had the opportunity to meet Dr. Bauernfiend. I learned she would be practicing as a Developmental Optometrist out of our office. As she explained some characteristics of those she would be helping, I thought about myself. I was that child and adult who struggled to get through any test and to accomplish any task in a timely manner. I always enjoyed reading but it took me so long to read and finish a book, due to rereading some areas and reading aloud to myself. I remember times both in high school and college studying material over and over, feeling so fatigued, and thinking "had I retained any information?"

After some time, I saw the leaps that other patients of hers made with their vision therapy, and I decided it was time to fill out a questionnaire. I surprisingly found myself answering yes to many of the questions so I decided to bring it to her attention. After a lengthy and thorough evaluation, it was decided that I did need to do some vision therapy with Dr. Bauernfiend. Looking back now, I am so glad that I took the time to finally ask for help and undergo the therapy. I have never enjoyed reading so much before, and now I feel more confident in the work that I put forth.

One thing I had struggled with was being able to concentrate, for example, reading a book in a crowded area. Now I can sit in an airport with people conversing next to me and hundreds walking past, and not care about anything but the characters in my book! It was a very fulfilling feeling that I have never experienced before having vision therapy! Thanks Dr. Bauernfiend!

**- Bridget Gehlhausen**