

# Special Feature • Esotropia and Hypoplasia: A Case Series Poem

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Optometrists Change Lives Competition 2nd place, Residents

When asked what a BV doctor does  
It can be difficult to define  
For some it means exercises  
For me, it's spending extra time

It's doing additional testing  
That wasn't done before  
Like NFV and PFV  
The extra mile to figure out more

You see children don't often speak  
About what makes it hard to succeed  
Double vision or blurry vision?  
They just say "I don't like to read"

So when two similar patients presented  
With a single eye turned in  
I was extremely grateful  
For the optometrist to which they'd been

Not everyone does vision therapy  
But every doc plays a role  
In identification and referral  
So we can improve function and control

Exams revealed an almost constant esotropia  
Some suppression on Worth four dot  
And after some discussion  
It was vision therapy treatment that they sought

The patients had amblyopia  
Refractive and strabismic, one of each  
Vision training's the best treatment  
This is something that we preach

They both had difficulty with attention  
And intermittent double vision  
But we must rule out pathology  
Checking the health was my next decision

I indirectly looked inside the eyes  
The foveal reflex was not there  
A guarded prognosis was discussed  
Complete resolution I did not swear

One patient had nystagmus  
And a head turn to the right  
But it was clear with MRI  
So I knew I shouldn't fright

The other had advanced hypoplasia  
Not just the macula, but also the nerve  
Both eyes had reduced acuity  
And the fovea had no curve

Both were prescribed weekly sessions  
With progression monitored throughout VT  
It is possible to make a difference  
Even with a coexisting abnormality

Their therapy focused on acuity,  
Fusion, and anti-suppression  
Some activities for processing,  
Increasing in difficulty every session

It's now been over 16 sessions  
And wow did they improve  
Their fusion and acuity  
And control of how their eyes move

One no longer has amblyopia  
Controlled double vision, and it shows  
His head turn's almost never there  
And he has 20 seconds of stereo

The other is not perfect  
But the acuity is more refined  
He's having less trouble in school  
And his eyes are much more aligned

So functionally, I was so happy  
Why did it work? I must be transparent  
They almost always did their homework  
And each had a very motivated parent.

Some wondered if they were candidates  
these two young patients, only six  
But this concludes my report  
Of some esotropias I functionally fixed!