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## Dyslexia – A reading disorder

**Nitu Ravindran\***

*Nehru Arts and Science College, Coimbatore, India*

\*Corresponding author: [nituravindran97@gmail.com](mailto:nituravindran97@gmail.com)

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### Introduction

Dyslexia is a specific learning disability that can cause a problem with reading, writing, and spelling. Different people are affected to varying degrees, besides they have average intelligence. The problem with dyslexia is a linguistic one, not a visual one. It is a lifelong persisting condition. It usually begins at a small age.

### Symptoms

Both genetic and environmental factors cause dyslexia; researchers have not yet discovered the exact cause of dyslexia. It usually occurs in people with Attention Deficit Hyperactivity Disorder (ADHD). It may also begin in adulthood as a result of traumatic brain injury, stroke or dementia. A sign of dyslexia usually becomes obvious when a child commences school focus more on learning how to read and write. A person with dyslexia may read and write very slowly, confuse the order of letters in words, putting the letters in wrong way-such as writing 'c' as 'ɔ' (opposite way), have poor or inconsistent spelling. They can understand information when told verbally but have difficulty with information that is written down. The cause of dyslexia is mainly classified into two types. One is based on language processing, and other is based on visual processing such as central dyslexic and peripheral dyslexia.

### Diagnosis

The exact diagnosis of dyslexia is difficult. No single test can diagnose dyslexia. Identifying dyslexia in young children is difficult as the signs and symptoms are not always visible. When a child is having trouble in reading and learning, first a proper health checkup is done, that includes vision problems such as short-sightedness or a squint (condition in which eyes do not focus in the same direction at the same

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time) and hearing problems. If the child does not have any problems in these areas, then the following areas should be tested, such as listening and understanding vocabulary and language verbal expression, phonological processing, word recognition (reading single or printed words), decoding, spelling and reading comprehensions.

### **Treatment**

Dyslexia is a lifelong condition. There is no cure for this disorder. With proper help, many people with dyslexia can learn to read and write well. Earlier identification and treatment is the key to help dyslexia. Most people with dyslexia need help from a teacher or therapist. Therapies include individualised educational interventions, rehabilitation, occupational therapy, and mediation. People are suggested to meet specialists such as speech therapists, clinical psychologists, neurologists, and paediatrician.

### **Reference**

1. Siegel, L. S. (2006). Perspectives on dyslexia. *Paediatrics & child health*, 11(9), 581-587