

HEALTH TOPIC: COLOR- BLINDNESS

You may have heard the term "color blind" before - but do you really know what it means? Read below to find out!

Created by RVU Class of 2023 Council

1 WHAT IS COLOR-BLINDNESS?

If you have color blindness, all that means is that you see color differently than those around you. Some people may not even see color at all!

2 ARE THERE DIFFERENT TYPES?

Yes. The most common type of color blindness is red-green color blind - which means that people have a hard time telling the difference between red and green. This is usually the most mild type. There is also blue-yellow color blindness, and complete color blindness (where you don't see color at all!)

3 WHAT ARE THE SYMPTOMS?

The main symptom is not seeing color the way other people do. You may have trouble seeing the difference between colors, how bright colors are, or the different shades of colors.

Visit this link to see what people with color blindness see:
[https://commons.wikimedia.org/wiki/File:Colour_perception_in_d
ifferent_types_of_colour_blindness.svg#filelinks](https://commons.wikimedia.org/wiki/File:Colour_perception_in_different_types_of_colour_blindness.svg#filelinks)

4 WHO GETS IT?

Color blindness or Color Vision Deficiency (CVD) is an X-linked recessive congenital disease - this means that it runs in the family! The prevalence varies from study to study and even varies by population, but most say that the prevalence rate for males is around 6-8% and for females is about 0.3-0.5%.

Other risk factors include: family history of color blindness, other eye diseases, diabetes, medications

Fun fact: About 1 In 12 men are color blind!

5 WILL PEOPLE BE ABLE TO TELL?

Nope! Unless you tell someone you are color blind, no one will know. People who are color blind look the same as everyone else - it's not something you can see when you look at someone.

6 IS THERE A TREATMENT?

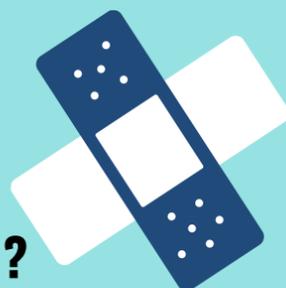
There's no cure for genetic color blindness. If it is being caused by another health condition, a doctor can treat that condition with the hope that it will help your color blindness, too! Glasses, contacts, and visual aids can also help with any difficulties.

7 WHERE CAN I TAKE A TEST?

There are lots of websites online that you can visit to test your color vision!

<https://www.color-blindness.com/color-blindness-tests/>
<https://www.colorlitenlens.com/color-blindness-test.html>
<https://enchroma.com/pages/color-blind-test>

If you believe you may be color blind or believe you are experiencing differences or difficulties with seeing color, please talk to your physician for further consultation and testing.



References

<https://www.nei.nih.gov/learn-about-eye-health/eye-conditions-and-diseases/color-blindness>

<https://www.osapublishing.org/josaa/abstract.cfm?uri=josaa-29-3-313>

<https://www.nei.nih.gov/learn-about-eye-health/eye-conditions-and-diseases/color-blindness/types-color-blindness>

https://commons.wikimedia.org/wiki/File:Colour_perception_in_different_types_of_colour_blindness.svg#filelinks