Colour Blindness

Abi Harrison-Nye

Symptoms

- Difficulty telling the difference between specific colours.
- Seeing certain colours as washed out, or as shades of grey and brown.
- Finding it hard to read colour-coded charts, maps, or certain traffic signals.

Age & Gender

- It’s much more common in males, affecting about 1 in 12, compared to 1 in 200 females.
- The condition is usually present from birth and stays the same throughout life.

Misconceptions

- It’s not seeing the world like a black and white film.
- It’s not just 'mixing up' colours, it's a physical inability to perceive them.
- It’s not something that can be cured with simple 'colour-correcting' glasses.

Diagnosis

- Opticians use Ishihara plates, which are circles made of coloured dots with hidden numbers.
- Computerised arrangement tests check how well a person can order colours by shade.

Treatment

- There's no cure for inherited colour blindness.
- Special lenses or filters can help distinguish between certain shades.
- Labelling clothes or using apps that identify colours helps with daily tasks.

Support

- Use patterns or symbols instead of just colours to show information.
- Avoid using red and green together on charts and maps.
- Use high-contrast text and clear labels for documents.

This information isn't a diagnostic tool. If you recognise these symptoms in yourself or others, please contact a doctor.

AbiHarrisonNye.dev