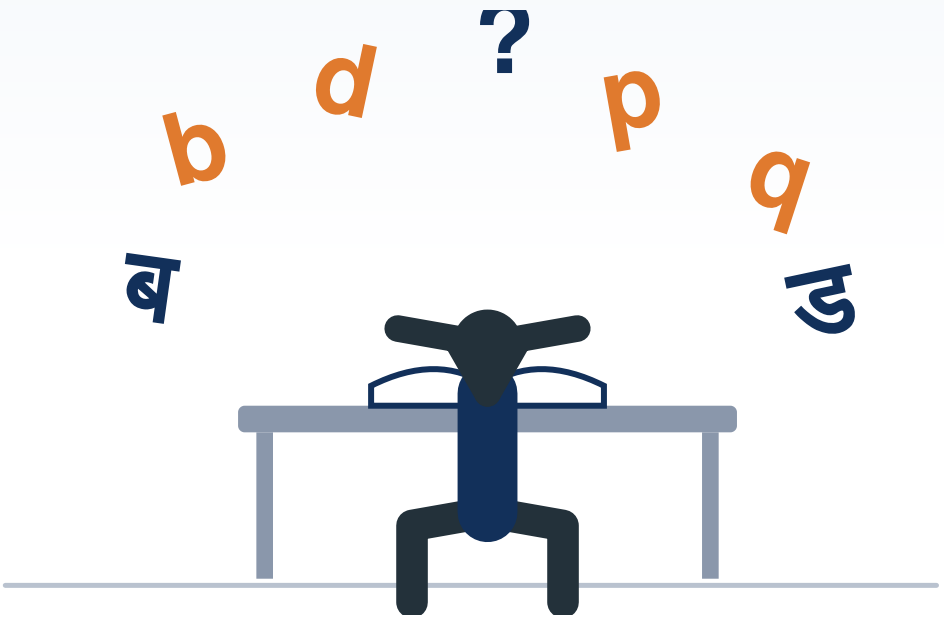
Specific reading difficulty

Dyslexia



Dr Anand Diwan

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Narayani Hospital **0253 2224411**
Dr Anand Diwan Neurology Clinic **0253 2472111**

Scan to book your appointment

Conditions treated at our clinic

- Epilepsy and seizures (fits)
- Stroke and paralysis
- Migraine and frequent headache
- Vertigo, giddiness, loss of balance
- Parkinson's disease, tremor, slowness
- Memory loss, dementia
- Neck and back pain, sciatica, spondylosis
- Numbness, tingling, nerve pain (neuropathy)
- Muscle weakness (myopathy)
- Head injury after an accident
- Sleep problems
- Children: seizures, developmental delay, slow walking or talking

Tests at Narayani Hospital, under one roof

EEG · Video EEG · EMG / NCS · VEP · BERA · VNG (vertigo test) · CT brain · CSF test · All blood tests

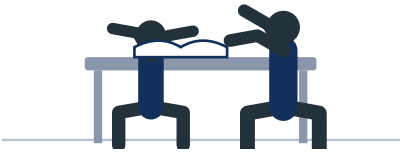
Not everyone needs tests. When they are needed, Dr Diwan explains which ones and why.

What is dyslexia?

Dyslexia is a specific difficulty in learning to **read and spell**, even though the child is **intelligent**, has normal eyesight and hearing, and is taught well.

The child has trouble linking letters with their sounds. Reading becomes slow, tiring and full of mistakes.

c - a - t



It is common – about **1 in 5 children** have some reading difficulty. Most children with dyslexia are bright, creative and good at thinking and reasoning.

Dyslexia is NOT

- Low intelligence
- Laziness or lack of interest
- An eye problem

Why does it happen?

The reading area on the **left side of the brain** works less efficiently. The child finds it hard to break a spoken word into small sounds – for example c-a-t.

- Runs in families – if a parent had reading difficulty, the child's chance is high
- Many genes are involved; it is not caused by anything the parents did
- It is present from birth and shows up when the child starts school

Myths and facts

✕ He writes b as d, so he has dyslexia.	✓ Many young children do this. Dyslexia is a problem with sounds, not with reversing letters.
✕ He will improve on his own.	✓ Without help the gap stays. Early help works best.
✕ Children with dyslexia cannot succeed.	✓ With support, many become doctors, engineers, lawyers and artists.

Signs to look for

Pre-school (3–5 years)

- Late speech, baby talk continues
- Cannot learn or enjoy rhymes
- Cannot learn the letters of own name

School age

- Slow, broken reading with many mistakes
- Guesses words, skips small words (is, an, the)
- Very poor spelling
- Mixes up words that sound alike
- Understands well when someone reads aloud

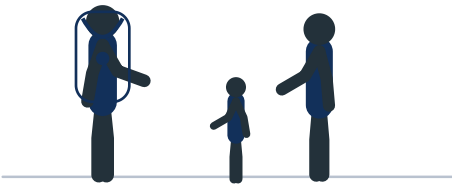
Older children and adults

- Reading stays slow and tiring
- Cannot finish exams in time
- Great difficulty learning a new language
- Struggles to find the right word

> Children who are weak in reading are often good at thinking, drawing, sports or building things.

How is it diagnosed?

Dyslexia is diagnosed by **tests of reading and intelligence (IQ)** done by a psychologist or special educator, along with the doctor's check-up.



- Eye and hearing tests – to rule out other causes
- IQ test – to show that the child's intelligence is normal
- Tests of reading accuracy, reading speed, spelling and sound skills
- The doctor's examination is usually normal; EEG or MRI is needed only if there are other problems such as fits

> Don't wait till class 3 or 4. If a parent had reading difficulty and the child has late speech or trouble with rhymes, get checked early.

Treatment

Early reading programme

Phonics-based teaching that links letters and sounds step by step. Best started in KG or Class 1.

Special educator / remedial teaching

Regular one-to-one sessions, several times a week.

Exam concessions

Extra time is the most useful help. A writer, oral exams and relief in second / third language are possible as per board rules (certificate needed).

Technology

Audio books, text-to-speech apps, typing on a computer.

There is no medicine for dyslexia itself. If ADHD is also present, it needs its own treatment.

What parents can do



- Read aloud with your child every day
- Play rhyming and sound games
- Praise effort, not only marks
- Let the child listen to audio books and stories
- Give extra time for homework; never compare with siblings
- Build on strengths – drawing, sports, music, making things
- Inform the class teacher and the school

Remember

- Dyslexia is common and not the child's fault.
- The earlier the help, the better the result.
- Extra time in exams makes a big difference.
- Your child can achieve a lot.

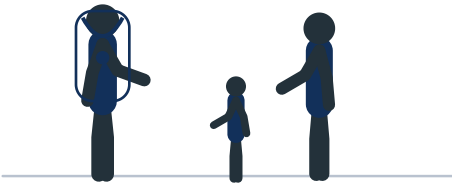
When to see the doctor

Meet the doctor if

- The child also has poor attention or hyperactivity
- Speech is delayed
- There are blank spells or fits
- The child is losing confidence, is sad or refuses school
- You doubt the child's hearing or vision

Bring to your visit

- Previous reports, scans and prescriptions
- List of medicines the child takes now
- School notebooks, report card and teacher's remarks
- Short mobile videos of the problem (fits, behaviour, walking)
- Birth and vaccination records



My questions for the doctor

Write your questions here before the visit, so that nothing is forgotten.

Progress diary

Write down changes every week and show this page at each visit.

Date	What we noticed / changes	Therapy / medicine

Appointments

Monday to Saturday · Closed on Sundays

Narayani Hospital

Consultation, tests & admission

Shree Vallabh Nagar, behind Chaan Hotel, near Mumbai Naka, Nashik 422009

Consult 11 am – 3 pm · Tests 10 am – 5 pm

Hospital open 24 hours for emergencies

0253 2224411

Dr Anand Diwan Neurology Clinic

Evening consultation

11 Yashika Plaza, near Satyam Sweet, Govind Nagar, Nashik 422009

Consult 6 pm – 8 pm

0253 2472111

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WhatsApp is for booking appointments only.

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Read more online

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This booklet gives general information and does not replace medical advice. In an emergency, go to the nearest hospital.