

ABOUT THERASPECS

In 2012, following a lengthy, desperate search to find a treatment – if not a cure – for his wife’s chronic, debilitating migraine attacks, Hart Shafer created TheraSpecs, precision-tinted eyewear to manage light sensitivity. Determining that a sensitivity to light, particularly fluorescent light, triggered and worsened his wife’s migraines, and that photophobia was a common symptom of migraine, Hart and wife Kerrie Smyres began researching how to reduce the impact of light on her health.

Despite strong research showing precision-tinted lenses reduce light sensitivity and light’s impact on health, the products available to help were disappointing. The available eyewear took weeks to arrive once ordered and wasn’t comfortable for all-day wear, like Kerrie needed. More importantly, they were ineffective because they did not filter light from above or the sides.

Frustrated at the lack of solutions available to those with light sensitivities, Hart worked to create lightweight, precision-tinted eyewear that would filter the light that studies show trigger or worsen such problems as migraines, headaches, eyestrain, and other numerous health issues. The eyewear he developed was so helpful for Kerrie that he made additional pairs for friends with chronic migraine. The response was overwhelmingly positive, and Hart knew he needed to make TheraSpecs available to others with similar symptoms.

Today, TheraSpecs offers six thoughtfully crafted eyewear styles for adults and one for children. Each design takes into account the angle of the lens and frame to most effectively block out light and painful reflections without obstructing peripheral vision. Frames are constructed of durable yet lightweight and flexible materials to minimize pressure. Alternatively, customers may send in their own frames for the TheraSpecs optical lab to tint, cut, and mount prescription or non-prescription TheraSpecs lenses in them.

Light sensitivity prevents millions of people from getting through the normal activities of life – working, going to school, shopping, getting together with friends – without feeling ill. Hart’s goal is for TheraSpecs to help as many people as possible regain the enjoyment of their everyday lives. Beyond migraine, TheraSpecs have helped people with traumatic brain injury, chronic headache, autism spectrum disorder, chronic fatigue, epilepsy, Sjogren’s syndrome, and even people who are otherwise healthy, but feel dizzy, woozy or ill under fluorescent lighting. “When I saw how much relief they gave Kerrie, I knew TheraSpecs could help so many others live their lives more fully,” Hart said.

Hart and Kerrie are involved in several headache and migraine associations and communities, and Kerrie provides education, resources and support through her site, TheDailyHeadache.com, and regularly contributed articles at Migraine.com.

To learn more about TheraSpecs, visit www.TheraSpecs.com.