

A dark, atmospheric background featuring a row of seven glowing jack-o'-lanterns at the bottom. The jack-o'-lanterns have various carved faces, including simple triangles for eyes and mouths, and more complex designs like a spiral. The scene is set at night, with a full moon visible in the upper right corner and the silhouettes of bare trees in the background. The overall mood is spooky and festive.

# PRE-OPTOMETRY SOCIETY GBM 4

Nov 28, 2018

WHAT ARE SOME CORRECTIVE EYESIGHT METHODS  
DO YOU KNOW OF?

???



# ORTHO-K AND CORNEAL REFRACTIVE THERAPY

What is this?

- Orthokeratology (ortho-k) is the fitting of specially designed gas permeable contact lenses that you wear overnight, while asleep
- Ortho-k lenses are also called “corneal reshaping contact lenses”
- It works by reshaping the cornea so you can see clearly the following day when you wake up
- Allows people to reduce their dependence on glasses or contacts
- Allows people that are too young for LASIK to be glasses free
- Helps with nearsightedness and astigmatism
- Slows progression of childhood myopia

# Results of these treatments

In FDA clinical study...

- 93% of patients achieved 20/32 vision or better
- 67% achieved 20/20 vision or better



# How can I get mine?

- Ortho-K lenses can be fitted by optometrists and/or ophthalmologists
- This is a specialized type of contact lense fitting so not all doctors provide this service

## How much does it cost?

- Each practitioner determines his or her own costs but it can range from \$1,000 to \$2,000 (for both eyes)
- That's about half the cost of LASIK
- However, particularly difficult cases can cost as much as \$4,000
- Lens care solutions and follow-up exams can add an additional \$300-\$500 per year

# What to expect

- Lenses are typically worn every night once treatment starts
- Some people can have excellent vision after a day or two of overnight ortho-k
- Higher prescriptions can take two weeks or longer for maximum correction

Is it painless?

- Patients typically are aware of the lenses on their eye until they fall asleep
- Overtime, the lenses will become more comfortable immediately upon insertion
- However, with all contact lenses there are possible side effects and complications so make sure to ask your optometrist/ophthamologist!



# Events

Bake sale not confirmed yet

Blood drive still happening :)

Dec 4th in UC Ballroom

