

# Tired of Broken and Misplaced Glasses or Lost Contact Lenses?

By Carole L. Hong, OD, FCOVD

***Ten-year-old Caitlyn loves to play softball, but she hates wearing her glasses because they fall off at the wrong time or they get smashed. She doesn't want to wear sports goggles because none of the other kids do. Fortunately there is a solution.***

In the United States, approximately 42% of the population is nearsighted or myopic, needing vision correction to see clearly in the distance. The good news is there is a way to correct nearsightedness overnight. Thanks to specialty designed therapeutic lenses, adults and children are able to enjoy “perfect vision” without surgery, glasses or daytime contacts!

Corneal reshaping technology (CRT) provides a convenient option for your child that you won't have trouble saying “yes” to, as these specialty lenses have been proven safe, effective and FDA approved through intense research and clinical testing for ALL ages.

**CRT gives Caitlyn the freedom to enjoy all of her sports without the hassles of glasses or contact lenses interfering with her game!**

*“I feel like I can see better when I play.” Caitlyn says. “I don't have to worry if my eyes get dry or that my vision will suddenly get blurry from wearing contact lenses while playing!”*

So, if you have an active child who has allergies, dry eyes, keeps losing his glasses or just loves to play sports, swim, or perform, CRT is a great way to improve your child's vision. CRT involves wearing a rigid gas permeable lens that gently reshapes the cornea while you sleep. When you wake up, you remove your lenses and enjoy clear vision all day long—in class, at practice, at a game and while doing homework. It's that simple.

**There's one more added benefit to CRT.**

CRT has clinically shown to slow down the progression of nearsightedness. Children that wear corneal reshaping lenses do not experience prescription changes as rapidly

as children wearing glasses or day time contact lenses. So if you wear “coke bottle” glasses, research is pointing toward being able to prevent your child from this same fate by having them use CRT lenses.

**Most nearsighted parents become concerned when they hear that their child needs glasses, and a variety of thoughts race through their mind:**

- Did my child inherit my poor eyesight?
- Are video games or ‘reading too much’ the cause?
- Will wearing glasses just make my child’s eyes worse?
- What can I do to help my child?

Parents may even feel guilty or dismayed when they find out that their child’s vision continues to deteriorate year after year. But, before panic sets in, take some time to understand what 20/20 vision is and learn about options for your child’s vision improvement. You’ll be relieved to know that you can be in charge of your child’s vision correction.

**What is 20/20 vision?**

Perfect Vision? Normal Vision? Hind sight? That’s what most people think. In reality, the Snellen chart was devised in the early 1800’s. People lined up and from 20 feet determined the smallest letters that most could see. The modern day eye chart has not changed in almost 200 years and reading the letters on an eye chart takes less than minutes to measure one’s eye sight.

However, our knowledge of how vision works has grown immensely and we now know that there are over 15 visual skills required for reading and learning or making accurate eye hand coordinated judgments on the field or court. Think about how your eyes feel and what they are doing when you read a few lines of print. Your eyes must move precisely from word to word and from one line to the next.

When your eyes work too hard to see clearly up close for activities such as reading or working on the computer, you can become nearsighted. Early detection and treatment of vision problems is essential to prevent ones vision from getting worse.

**What Causes Nearsightedness?**

We know that nearsightedness or myopia tends to run in families and it often starts early in childhood. Nonetheless, although genetics plays a role in the development of myopia, it’s not the only reason. Research has shown that in addition to one’s genes, the following factors will also influence the development of nearsightedness:

- The amount of time spent on near work (hand-held devices, reading and use of the computer, etc.),
- One's culture, habits and nutrition
- The amount of time spent outdoors.

## **Prevent Increasing Nearsightedness**

Some simple steps parent can take to prevent nearsightedness from increasing include:

1. Wearing the proper correction (it won't make your vision worse)
2. Ensure best possible correction at distance and near, using separate or multifocal prescriptions when necessary
3. Don't under-correct one's prescription as studies show it may make vision worse
4. Take charge of your child's vision correction by determining whether corneal reshaping is right for him or her

If you have questions, or want to find out if CRT is right for you or your child, please contact us at 650.593.1661. Visit [www.familyvisioncare.org/additionalservices.html](http://www.familyvisioncare.org/additionalservices.html) or [www.MyChildrenAreNearsightedToo.com](http://www.MyChildrenAreNearsightedToo.com) for more information on CRT.

*Carole L. Hong, OD, FCOVD, board certified in vision development and CRT certified, has been fitting children in contact lenses for more than two decades. She is an expert in children's vision, vision and learning, and treatment of vision problems for those with special needs, head injury and stroke. Dr. Hong practices in San Carlos with Drs. Kristina Stasko and Macson Lee, also developmental optometrists who are CRT certified. They can be reached at 650.593.1661 or [email@familyvisioncare.org](mailto:email@familyvisioncare.org).*