

Contacts...*From the GP Lens Institute*



Vision Restoration with GP Lenses

Edward S. Bennett, OD,
MSED
Executive Director
GP Lens Institute

The GP Lens Institute (GPLI) November on line symposium pertained to the topic of "GP Correction of the Post-Surgical Cornea". Our faculty for this symposium were two internationally recognized experts on this topic: Dr. Loretta Szczotka Flynn and Michael Ward. As with so many of our monthly on line symposia, this was attended by a combination of experts in this area who desired to learn more and also contribute important clinical pearls, and practitioners desiring additional information. As with most of our symposia, the faculty members posted cases on our website (www.rgpli.org) to use as the focus of our discussion although much of the 90 minute session was devoted to GP lens designs and fitting techniques which would be recommended for the post refractive surgery and post penetrating keratoplasty patients.

The number of clinical pearls that was provided via this symposium was enormous. Every month we have an informative on line symposium pertaining to specific types of patients (*i.e.*, presbyopic, high astigmatic, irregular cornea, corneal reshaping) who benefit from GP lenses in addition to discussions on new advances, lens care and patient education, problem-solving and material selection. The November symposium faculty provided cases

pertaining to post-LASIK and post-PK patients and resulted in a discussion of different types of lens designs - including piggyback, aspheric and large diameter - which can be used in these cases. Likewise, Mike Ward provided data from a recent study in which he performed a retrospective chart review of 35 eyes of 22 patients who required visual rehabilitation following LASIK. They were all fit into GP lenses and four GP lens designs were evaluated from these 35 eyes. He found that the average diameter used was 10.2mm with the most commonly used design having a 10.5mm diameter. The mean postoperative visual acuity (VA) was 20/100; the mean post-operative best spectacle-corrected VA was 20/40. Most important, the mean post-operative best GP contact lens-corrected VA was 20/20. It was concluded that irregular astigmatism cannot be adequately corrected with either spectacles or soft lenses. GP lenses will favorably mold the cornea; they will stabilize corneal topography and vision while decreasing corneal astigmatism.

GP lenses obviously have a number of very important applications which improve the wearer's quality of life of which irregular cornea is just one. However, the improvement in vision achieved in these patients with GP lens wear is very significant. In addition, the process does not have to be extremely complex. Every Contact Lens Manufacturers Association (CLMA) member laboratory has lens designs that can assist with these patients as well as consultation services. The bottom line is having the desire to fit these patients while exhibiting patience as the fitting of these lenses require careful evaluation of the



fluorescein pattern and, if indicated, lens changes. Contact lens practice is both rewarding and enjoyable.

An important component of the process is improving the patient's quality of life with GP lenses.

Fitting Pearl

Corneal topography is useful when you least expect it. We are finding more and more patients with irregular astigmatism. More high myopes than you would expect turn out to be keratoconic. Some practitioners are using topography to evaluate all contact lens candidates. While a laudable practice, time and space do not allow us that luxury, yet. But for high myopes, high astigmats or any patient who is not correctable to 20/20, this tool can be very revealing. Topography is not just for CRT, presurgical candidates and keratoconics anymore!

Patricia Keech, OD
Shoreline, Washington
GPLI Advisory Member

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The Global Orthokeratology Symposium will be held July 28-31, 2005 at the Palmer House Hilton in Chicago, Illinois USA. Mark your calendars now to attend!!! Check out the website, www.GOS2005.com. In the next couple of weeks, the site will be live with information regarding free paper and scientific poster applications, travel Visa's, Chicago information and hotel information.

Pam's Perks

Tips for presenting presbyopic GP lens options

Tips for establishing proper expectations

Patient friendly terminology



NEW Educational Resources



The CLMA and the GPLI are pleased to provide you with two pocket-sized, laminated cards to assist you and your staff members with presenting presbyopic GP lens options to your patients.

What is Presbyopia?

Answers to frequently asked questions

What are my lens options?

Demonstrate how a lens design positions in straight ahead gaze and how the lens shifts up when the patient looks down to read.

Customize your own "show and tell" presentation.

For ordering instructions, see next page.

E mail rgpli@aol.com and ask for your complimentary copy. Supply your postal address. Shipments will commence in early December, 2004.

These fitting aids are one of the many resources available through the CLMA, the member companies of the CLMA, and the GPLI to assist you with presenting and fitting GP contact lenses.

For a complete listing of presbyopic GP contact lens designs available through CLMA member laboratories, visit www.rgpli.org and utilize our searchable database found on the home page.

Press Release - FREE CORNEAL RESHAPING/ORTHO K-CHAT ROOM

San Clemente, CA....Eye care practitioners around the World can instantly communicate with their colleagues using a free CHAT ROOM devoted exclusively to corneal reshaping or orthokeratology with contact lenses. Since the Chat Room is completely non-commercial, practitioners are encouraged to address questions, present problem cases for suggested solutions and share successes with lenses from any source.

Eye Care Practitioners may register at <http://health.groups.yahoo.com/group/orthok-chat>

Registered members will be notified of moderated sessions by e mail. The Chat Room is always open.

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GP Fitting Pearls

ØPatients with small palpebral apertures find GP lenses much easier to insert than soft lenses due to their relatively smaller size and superior stability. This stability also serves those with large fingers and hands who find the “floppy” character of soft lenses problematic during lens manipulation. Folks big and small can benefit from the easy handling characteristics of GP contact lenses!

UExplain the initial awareness of GP lenses as being similar to the adjustment experienced when wearing a watch or ring for the first time. Some awareness is present at first, but after a while, it becomes a part of you.

Thomas G. Quinn, OD, MS
Athens, Ohio
GPLI Advisory Member

*Best Wishes
for a joyful
Holiday Season*

Edward S. Bennett, OD, MSED
Executive Director

Pam Witham
Staff Assistant

Jane Beeman, FCLSA
Academic Coordinator

Barbara Anan Kogan, OD
Article Grants Coordinator

www.rgpli.org

