



## ORTHOKERATOLOGY

(Corneal Refractive Therapy)

People with nearsightedness and astigmatism have long depended on glasses and contact lenses to see clearly. Recent developments in refractive surgeries, such as LASIK, have allowed many people to have improved vision, but this is not an option for everyone. To be a candidate for surgical treatment, a person should have had a stable prescription for several years and be a minimum of 18 years of age, among other factors.

Now there is an alternative that can offer reduced dependence or complete freedom from glasses and contact lenses during waking hours, without the need for surgery. It is called *Ortho-K* (*Orthokeratology* or Gentle Corneal Reshaping), and is achieved with very specialized contact lenses, which cause precise, predictable changes in the optical surface of the eye, resulting in correction of vision defects. The technique is 100% reversible, unlike surgical methods.

We use advanced corneal topographers to analyze the shape of the cornea and utilize software that allows a truly custom fit lens. The method works best on low to moderate degrees of astigmatism and nearsightedness but can dramatically improve vision even in higher degrees of prescription. Patients, and particularly children, who experience changes in prescription yearly as their eyes grow and mature, benefit from a slower rate of change in prescription.

The National Eye Research Foundation endorses Ortho-K as a safe, non-invasive and effective method of controlling and reducing nearsightedness and astigmatism. Clinical studies have been verified by research projects performed at the following six major universities: Pacific University; University of California-Berkley; University of California-San Diego; University of Houston; Ferris State University; and Indiana University.

We will be happy to discuss any questions you may have. Please visit [emvc.net](http://emvc.net) or call our office for more information.