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Minnesota Contact Lens Society Presents *The View*

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The MCLS Board of Directors wish to thank you for your support of the Minnesota Contact Lens Society. This is *your* society, we would cease to exist without you. The ophthalmic field continues to advance and it is our intention to uphold an environment for you to learn about, promote, and stay on the forefront of contact lens technology. If you have any ideas on ways we can improve the society for the benefit our members, please contact one of the board members.

Astigmatism

is an optical complication where light entering the eye in perpendicular planes is bent at differing amounts causing a compound refractive error. A number of factors need to be considered when correcting this common visual problem. Start with looking at the type of astigmatism. Is it corneal, lenticular, with-the-rule or against-the-rule astigmatism. The determination of these components is critical to choosing the best lens design to fit a patient. Soft contact lenses are certainly the most common choice in fitting contact lenses today; however, they are not necessarily always going to be the best option. Soft contact lenses are an excellent choice when fitting lenticular astigmatism, with or against-the-rule astigmatism. Gas permeable contact lenses are an excellent choice in fitting with-the-rule, corneal, and lenticular astigmatism.

Fitting soft contact lenses is rather straight forward. Choose a base curve that is appropriate for the patient based on K readings. Determine lens power based on a current refraction, making sure you have converted to minus cylinder form and compensated for vertex distance when the prescription is over + or - 4.00D. In the event acuity of your patient is less than ideal at follow-up, do a careful over refraction, observe the amount and direction of any lens rotation and enter those numbers into the many lens calculators available through the contact lens manufacturers. Choose a new lens based on the answer provided. This new lens will hopefully be the final lens power.

Gas permeable contact lenses offer a few additional considerations based on prescription requirements. These

lenses offer spherical, front toric, back toric and bitoric options. Lenticular astigmatism is best addressed with a front toric design, and corneas with more than two diopters of corneal astigmatism can be fit with back and bitoric designs. For patients with high levels of astigmatism, bitoric RGP contact lenses afford the highest level of stability and overall quality of vision. There are many resources available to help determine the best choice for a patient. They include RGP labs, The Contact Lens Society of America and The Contact Lens Manufacturers Association. These entities offer various tools and fitting guides to assist in difficult cases.

The MCLS spring seminar is another way to pick up some fitting pearls for toric contact lenses as the various designs mentioned will be covered at this seminar.

Spring Seminar: Toric Contact Lenses

It has been a long winter and with each passing day we eagerly anticipate the arrival of spring.

The spring of 2010 gives you an opportunity to attend our annual Spring Seminar. The seminar this year will be held on **April 17 at Northwest Eye Clinic, Wayzata** featuring speaker Dr. Jason Jedlicka.

RGP toric and soft toric fitting skills will be discussed at the 2010 seminar. A video slit lamp will be used to demonstrate these fitting techniques with actual patients! Dr. Jedlicka is an experienced contact lens fitter who has many years of experience fitting all toric contact lens options. We encourage those who have little experience, no

experience, or those who might just want to brush up on their fitting technique to join us this year for the seminar. Turnout for previous seminars has been terrific and this year will be no exception. Please consider taking a day to increase your knowledge learning to fit one of today's most popular lens options.



***Curiosity is, in great
and generous
minds, the first
passion and the last***

***MCLS is run by a
group of volunteers
whom all have
interest in providing
support in education
to ophthalmic
personnel. If you
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Focus on Members : Todd Sieloff ABOC, COA, NCLEC

I am surprised to say that I have been involved in the optical field for over twenty years already. I started my optical career by graduating from an Opticianry program from Lakeshore Tech. I started in a lab at a retail store. The store was sold a short while later, so I was on a quest for something new. I moved to a private Optometric office for a couple years. It was a wonderful office, but I just didn't feel challenged, I was not sure what I should do. I knew I liked working with people, but was this what I should be doing? I decided to look at other areas within the field. I applied for a contact lens technician position in Green Bay. This

now being my eighteenth year, I must say I found my niche. I am employed at BayCare Clinic Green Bay Eye clinic, a multi specialty clinic, which has allowed me to learn a wide variety of contact lens applications. I can now say that I feel I have chosen the right career. The ability to work with people and make a positive impact in their lives, to me, is what it is all about. I was introduced to the MCLS through one of my mentors who has been involved with MCLS since its inception: Glen Yunker I, like many, was not an overly outgoing person. I felt somewhat intimidated at the thought of becoming a

member of an organization like MCLS. Early on, Glen nudged me to become a member. Now having been a member of MCLS for well over a decade, I can say I have had the opportunity to work with many kind and caring people. The main reason I am on the board today is because of the support and kind words from members much like you. This organization not only offers educational opportunities, it is an environment that fosters friendships. Thank you, MCLS, for giving me the opportunity to be a member!

2010 Minnesota Contact Lens Symposium

Plans are under way for the annual Symposium. Spectacular speakers have already committed such as Mark Andre, FCLSA, Buddy Russell, FCLSA, Sue Connelly, FCLSA, Mark Lobanoff, MD, Mile Brujic, OD, and Gale Stoner, PhD. MCLS strives to bring you the best educators in the industry who bring to us the newest information and review the fundamentals. Make sure you put a note on the calendar for the meeting again this year as you won't be disappointed.

Mark your calendar:

**September 10 and 11th, at the
Hotel Sofitel in Bloomington, MN**

NCLE Exam

If you are considering taking the National Contact Lens Examiners test, contact NCLE at 800-296-1379 or www.abo-ncle.org You must register 2 months in advance. Excellent study books and test review books can be obtained from the Contact Lens Society of America. Contact the CLSA at 800-296-9776 or www.clsa@clsa.info

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