



Minnesota Contact Lens Society

Presents

The View

March 2012

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President's Corner

*Greetings! Mark your calendars now for our
2012 Minnesota Contact Lens Symposium in September and
For everyone in your office, our
Basic Soft Contact Lens Fitting Seminar in April.*

Spring Educational Seminar – Basic Soft Contact Lens Fitting Saturday, April 14, 2012

This 3-hour seminar will be presented by Brooke Messer, OD, 8:30 to 11:30 a.m. Location: Associated Eye Care, 2950 Curve Crest Boulevard, Stillwater, MN 55082. This program has been submitted to NCLE & JCAHPO for continuing education credits. Additional program and registration forms are available on our web site at www.mncontactlens.com See Dr. Jedlicka's article on the next page.

2012 Minnesota Contact Lens Symposium September 14-15, 2012

Hotel Sofitel in Bloomington, Minnesota. Twelve hours of continuing education will be submitted to COPE, JCAHPO and NCLE. Our national speakers include Michael Slusky, OD, Mark Andre, Pat Caroline, FAAO, Mark Lobanoff, MD, Jason Jedlicka, OD, and Melissa Barnett, OD. In addition to offering 12 hours of COPE, NCLE and JCAHPO continuing education credits, a second 4-hour tract will be offered on Friday, September 14th on **Scleral Lens Fitting**.

Clinic Wanted

The School of Ophthalmic Medical Technology – Regions Hospital is currently looking for new clinics to participate in educating our ophthalmic technology students for the June 2012 through May 2013 second year of training. Your clinic would join Rachelle Rachuy at Park Nicollet Contact Lens Department and Jason Jedlicka, OD, at the Cornea & Contact Lens Institute as sites for the students during their clinical rotation in contact lenses. The monthly rotations would involve your clinic hosting a student one day a week in your contact lens clinic, having staff spend time with the students teaching and demonstrating skills needed for contact lens fitting and care. The students would observe and participate in patient care as appropriate over the course of the month-long rotation. If you have an interest in participating, please call Rachelle Rachuy at 952-993-4831 or Kris Fey at Regions Hospital at 651-254-0767.

Soft Lenses: Fitting for Success

The development of disposable soft lenses some 20 years ago brought with it a “dumbing down” of the process for fitting patients in contact lenses. Better materials, better manufacturing, and unlimited trial lenses allowed seemingly anyone to be able to fit soft lenses and have pretty good results, or at least so it seems.

There is a difference, however, in fitting someone in soft lenses that are satisfactory **and** fitting them in lenses that are optimal. When we strive for optimal lens fits, we have happier patients that are more apt to keep coming back to us and referring their friends and family members.

What makes for an optimal lens fit? There are many factors that go into it. Choosing the right material, diameter, base curve and care products for the individual all contribute to making or breaking the lens wear experience. Too often I have seen charts of patients fitted by others with no mention of keratometry **or** corneal diameter. I assume in those cases that the fitter just assumes one lens will fit everyone, so why bother measuring anything. This will work for a percentage of patients who happen to have average enough eyes, but not for all.

Choosing parameters

When choosing the best lens to fit for a patient, first consider if their corneas are large or small, steep, flat or average. Large corneas do better in larger lenses, and some disposables come larger than others. At the same time, steep corneas do better in steeper lenses, and there is a range of base curve options in disposables. In either case, you should be able to find a disposable lens that offers a good fit. When someone has both steep corneas and large corneas, however, you especially need to think of what lens options you have that are both larger diameter than most, and come in a steep base curve option. All of this thinking

holds true on the other end of the spectrum for smaller or flatter corneas.

To optimize a lens fit, don't just try to put everyone in the same lens, put them in a lens which matches their eye shape as well as possible to ensure proper tear exchange and a lens which is unnoticeable.

Do not neglect the care product you recommend for your patients. Use of guides for compatibility and being aware of the latest in research into issues that may exist will allow you to customize the solution you recommend to the lens you have fitted someone in. Do not take this step too lightly, as you can take a very happy lens wearer with a perfect fitting lens and create a significant problem that can make that patient think that they cannot wear lenses any longer.

If all this has just scratched the surface for you and you want more details into how to make these decisions both for care products and how to choose the best lens for each individual patient, be sure to sign up for the MCLS Spring Educational Seminar on Basic Soft Contact Lens Fitting where Brooke Messer, OD will provide 2 hours of education on Basic Soft Lens Fitting, followed by hands-on fitting opportunities.

Jason Jedlicka, OD