

Orthokeratology...  
There is more to it than  
MOLDS the eye!

Washington, January 2018

KISS

YVES BASTIEN, O.D.

# History

- I have been involved since graduating in 1974
- Stabilizing Power of RCL (PMMA)
- Study by Bastien (A.R.) - de Saint-André

# An interesting case

- 1975 A young 7 yo girl had been in VT for reading and learning issues
- Both parents were scholars and both over -8.00 D
- As soon as she could do so easily, she never stopped reading

# An interesting case

- Original #7a was +0.75 od and os (6 1/2 yo)
- An extern sees her after VT and gets 0.00 at #7a od and os ( 7 yo)
- Sends her home with just visual hygiene recommendations and a follow-up exam in 6 months (did not insist on + at near)
- She comes back with -2.75 od and os

# An interesting case

- Immediate O-K adjusted PMMA contact lenses
- Over the years were changed for RGP CL's
  - Eventually, overnight
- Plus at near, with BD yoked  $\Delta$
- Slant board
- Visual hygiene
- More VT (mainly for spatial issues)



# More History

- In April 1989, I gave 4 hours on Ortho-K vs Behavioral Optometry at ESOC
- Wouldn't that sound like a Suicide Mission?
- Seemed well received though, but I had my doubts, as usual...
- Then a letter came in...

# EASTERN STATES OPTOMETRIC CONGRESS



Under The Auspices of  
The Optometric Extension Program Foundation

June 1, 1989

**General Chairman**  
MYRON N. WEINSTEIN, O.D.  
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Baldwin, New York 11510

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Montreal, Canada H2R 2 E6

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Dear Yves:

What you have to believe is that 98% of the audience entered the meeting with almost no tolerance for ortho-K. The plausibility of your presentation was sufficiently compelling to convert the entire group to a receptive position. Ponder the enormity of that achievement rather than how you might have restated or reordered your talk.

My most sincere thanks for your wonderful contribution.

Best personal regards,

MNW:ks

P.S. Please forward any outstanding Congress related expenses to my office.



# A little help from a friend

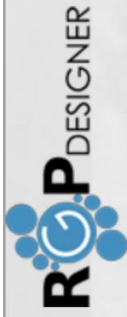
- Army Sherman spoke at that meeting on Sports Vision
- He gave a number of characteristics of the analytical exam of athletes
- Most of which showed on the analytical of myopes after switching to large OZ RGP's
- I must confess this helped me get my message across to a slightly mistrustful audience, not particularly open to looking at O-K as anything more than cornea squashing
- P.S.: I survived the bull session with Nat Flax...

# Let me introduce you...

- I have used most systems available today:
- Preferably, my own design, but...
- Paragon
- BE Retainer
- DreamLens
- Orthos-9

# Let me introduce you...

- So, back to my own design with...



yvesbastien1@videotron. ?

...

?

Sign in

Register

## **RGP Designer is the new revolutionary tool to design all types of Rigid Gas Permeable contact lenses including lenses for Orthokeratology.**

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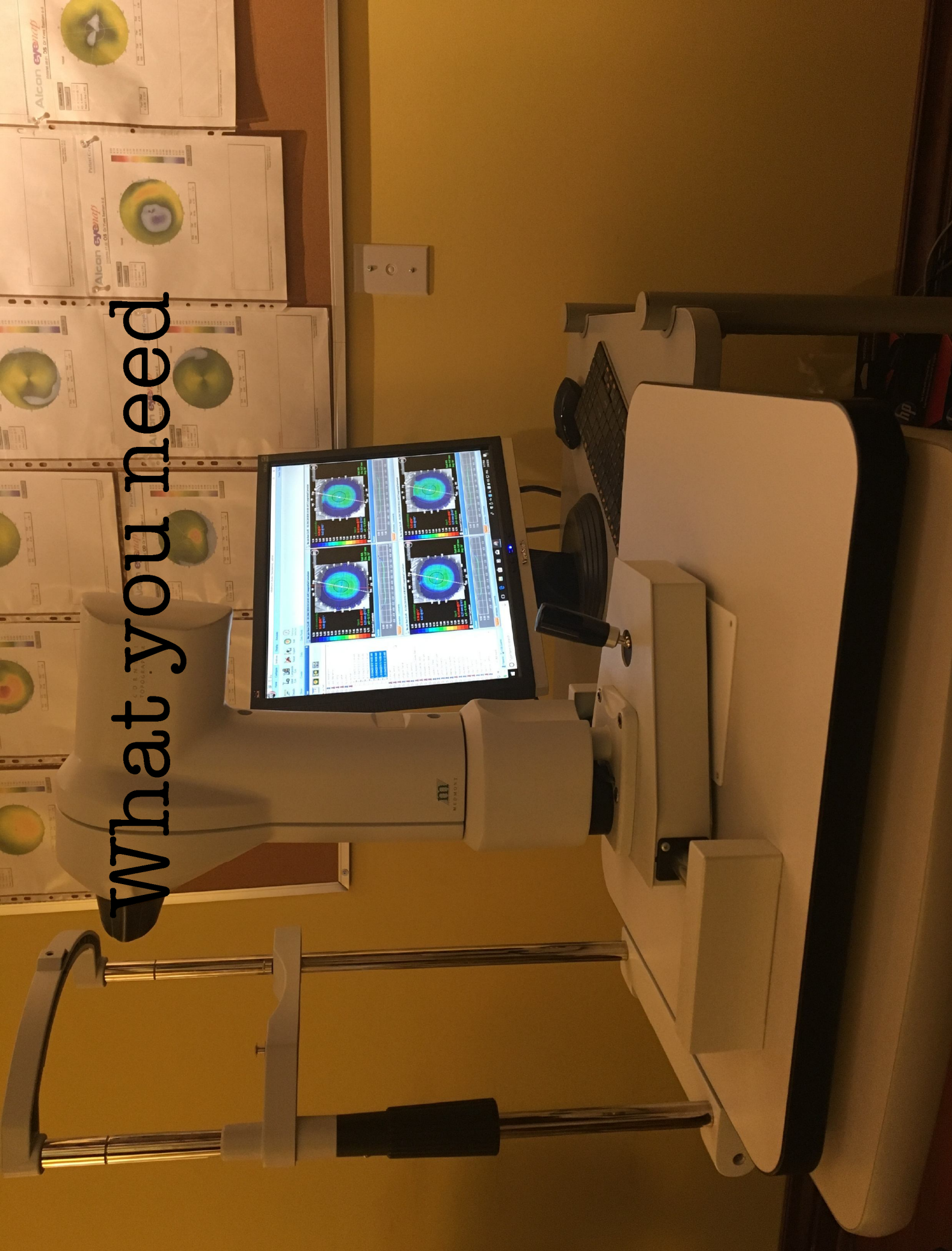
Purchase Now

Giuseppe Toffoli

Marino Formenti

EURO-K

What you need

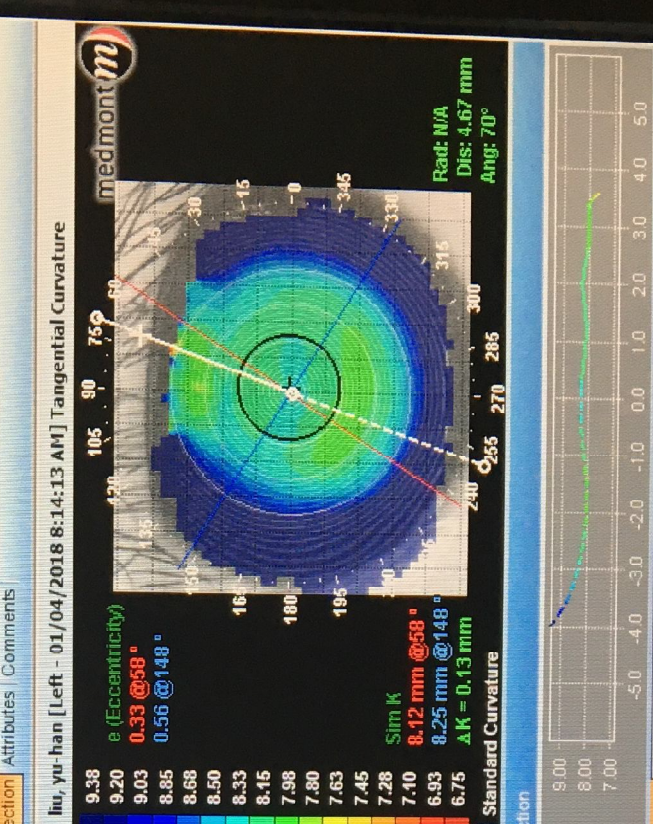
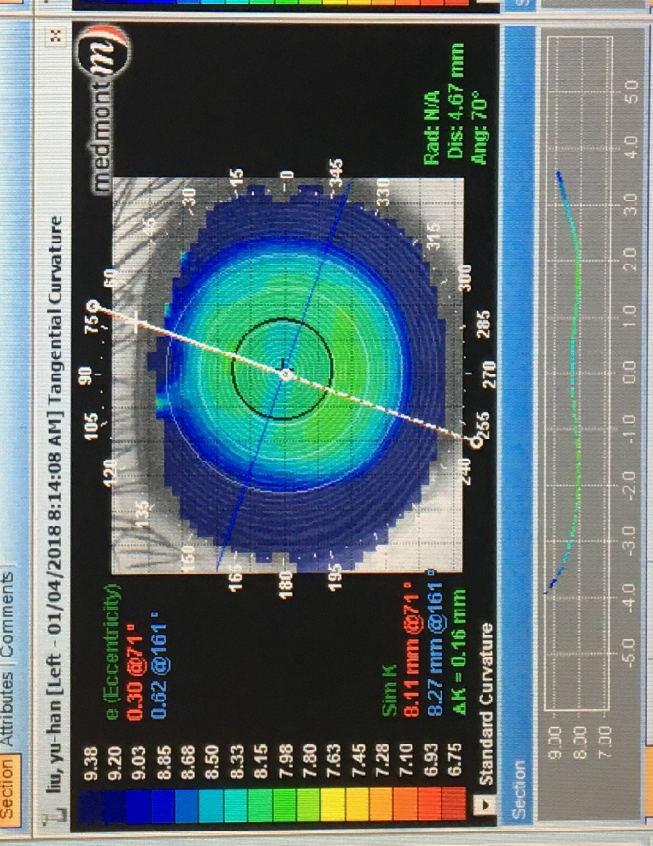
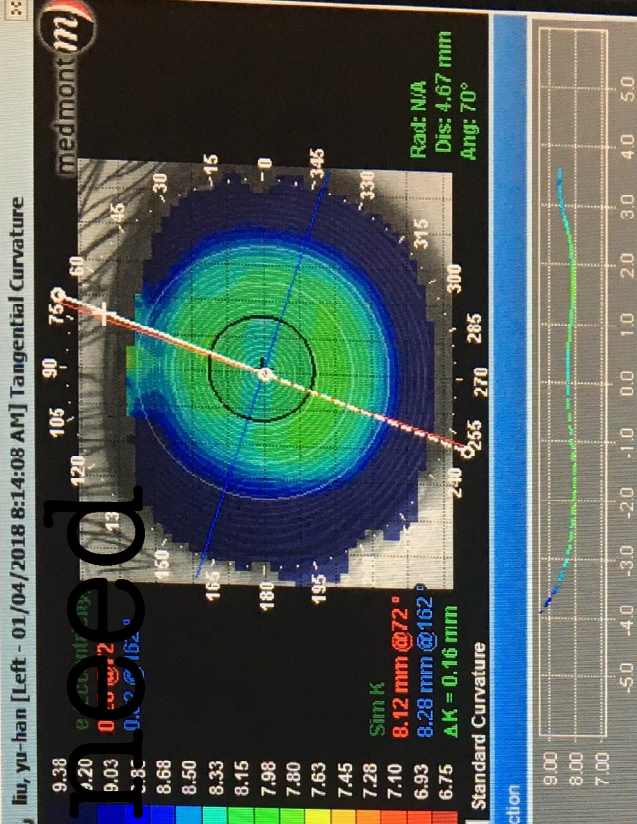
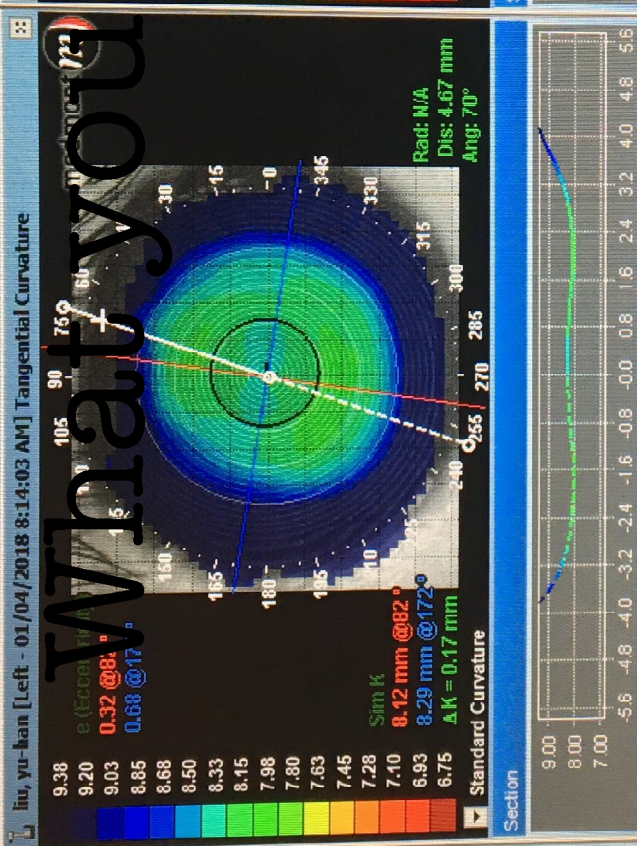


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  - Loupessis, Peter
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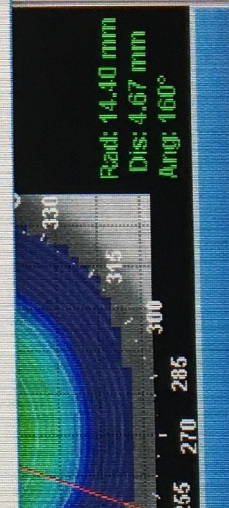
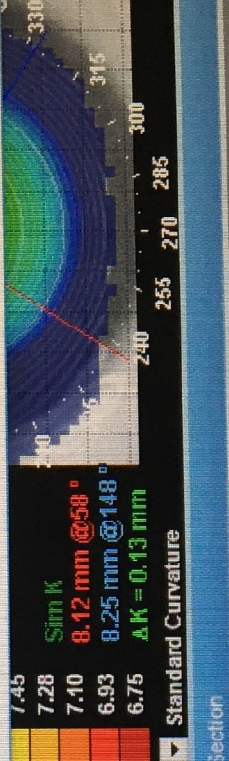
Type here to search  
 5:18 PM 1/4/2018  
 FRA  
 [System tray icons: network, volume, battery, etc.]

# What you need

Meridian (degrees)

Chord (mm)

Exam	Apical Curvat	Weighted Ave e <sup>2</sup> Values	Eccentricity	Axial Curvatur	Tangential Cu	Height	Surface Norm	Flat K	Flat Angle	Steep K	Steep An
01/04/2018 8:14:03 AM	8.278	1429.6	0.40	0.63	14.59	1411.28	31.3	40.70	171.6	41.55	81.6
01/04/2018 8:14:08 AM	8.290	1430.9	0.38	0.61	14.26	1408.26	31.3	40.78	162.0	41.59	72.0
01/04/2018 8:14:08 AM	8.291	1430.9	0.38	0.62	14.40	1409.03	31.3	40.80	160.8	41.60	70.8
01/04/2018 8:14:13 AM	8.289	1431.6	0.38	0.62	15.22	1408.48	31.2	40.93	147.6	41.57	57.6
$\mu$ (mean)	8.287	1430.7	0.38	0.62	14.62	1409.26	31.3	40.80	160.5	41.58	70.5
$\sigma$ (standard deviation)	0.007	1.0	0.01	0.01	0.45	1.60	0.0	0.11	9.9	0.02	9.9



Patient name

Test, Subject

Options ▾

Shopping Cart

No lenses  
**What you need**

03/01/2018

New Project

PROJECT #1

### Right Eye Corneal Shape

Flat r° (apical radius)	7.50 mm
Flat e (eccentricity)	0.60
Flat p (shape factor)	0.640
Flat Axis	180°
Steep r°	7.45 mm
Steep e	0.50
Steep p (shape factor)	0.750
HVDI (horizontal visible iris diameter)	11.75 mm

### Left Eye Corneal Shape

Flat r° (apical radius)	7.50 mm
Flat e (eccentricity)	0.20
Flat p (shape factor)	0.960
Flat Axis	0°
Steep r°	7.45 mm
Steep e	0.15
Steep p (shape factor)	0.978
HVDI (horizontal visible iris diameter)	11.75 mm

### Right Eye Refraction

Sphere	-2.00 D
Cylinder	0.00 D
Axis	0°
Vertex distance (corneal apex/glass lens)	13.00 mm
Add Power	0.00 D

### Left Eye Refraction

Sphere	-2.00 D
Cylinder	0.00 D
Axis	0°
Vertex distance (corneal apex/glass lens)	13.00 mm
Add Power	0.00 D

Edit

New lens

Delete Project



Eye

✓ Right Eye

Left Eye

Type of lens

- ✓ Reverse Geometry / Orthok - One night daily wear

# What you need

Template

✓ No Template

Create a lens from scratch

- NEW Orthokeratology Lens for Low Myopia Dia 10.60**  
This lens have a classic design for Low Myopic overnight orthokeratology in diameter 10.60 (Nov 2016)
- NEW Orthokeratology Lens for Low Myopia Dia 11.00**  
This lens have a classic design for Low Myopic overnight orthokeratology in diameter 11.00 (Nov 2016)
- NEW Orthokeratology Lens for Myopia over -3.50 Dia 10.60mm (and astigmatism)**  
This lens have a classic design for Myopic overnight orthokeratology in diameter 10.60 (UPDATE Nov 2016)
- NEW Orthokeratology Lens for Myopia over -3.50 Dia 11.00 mm (and astigmatism)**  
This lens have a classic design for Myopic overnight orthokeratology in diameter 11.00 - UPDATE Nov 2016
- Orthokeratology Lens for Hyperopia Dia 10.60**  
This lens have a classic design for hypermetropic nightwear orthokeratology in diameter 10.60
- Orthokeratology Lens for Hyperopia Dia 11.00**  
This lens have a classic design for hypermetropic nightwear orthokeratology in diameter 11.00

Because contact lenses are in direct contact with the eye, it stands to reason that physical forces



New lens

DESIGNER

Projects My Account

Help

Training

Logout

# What you need

Delete Project

Lens 1 (Right Eye)

Lens 2 (Left Eye)

Lens 3 (Right Eye)

Lens 4 (Left Eye)

Created on 03/01/2018 03:45. Last modified on 04/01/2018 23:29. Lens type: Reverse Geometry / Orthok - Overnight

Defect to reduce \*

-2.00 D

Compression Factor \*

1.00 D (1.00)

Lens power \*

1.00 D (1.00)

Flat e correction \*

-0.05

Shape \*

Spheric Alignment

Material \*

Boston XO

Back Optic Zone

Spheric

Front Optic Zone

Spheric

Width

Diameter

Clearance (flat meridian)

Radius

3.20 mm

Ø0 6.40

8.0 micron

r0 8.04

0.60 mm

Ø1 7.60

49.2 micron

r1 7.05

0.60 mm

Ø2 8.80

10.0 micron

r2 7.71

0.45 mm

Ø3 9.70

2.0 micron

r3 8.23

0.20 mm

Ø4 10.10

20.0 micron

r4 8.93

0.25 mm

ØT 10.60

45.0 micron

r5 11.49

130.0 micron

Peripheral Edge

Add Curve

Delete Curve

**Width**

3.20 mm

0.60 mm

0.60 mm

0.45 mm

0.20 mm

0.25 mm

**Diameter**

Ø1 7.60

Ø2 8.80

Ø3 9.70

Ø4 10.10

ØT 10.60

**Clearance (flat meridian)**

TLT Apex  
TLT End O.Z.

TLT End r1

TLT End r2

TLT End r3

TLT End r4

Peripheral Edge

**Radius**

r0 8.04

r1 7.05

r2 7.71

r3 8.23

r4 8.93

r5 11.49

**What you need**

8.0 micron  
49.2 micron

10.0 micron

2.0 micron

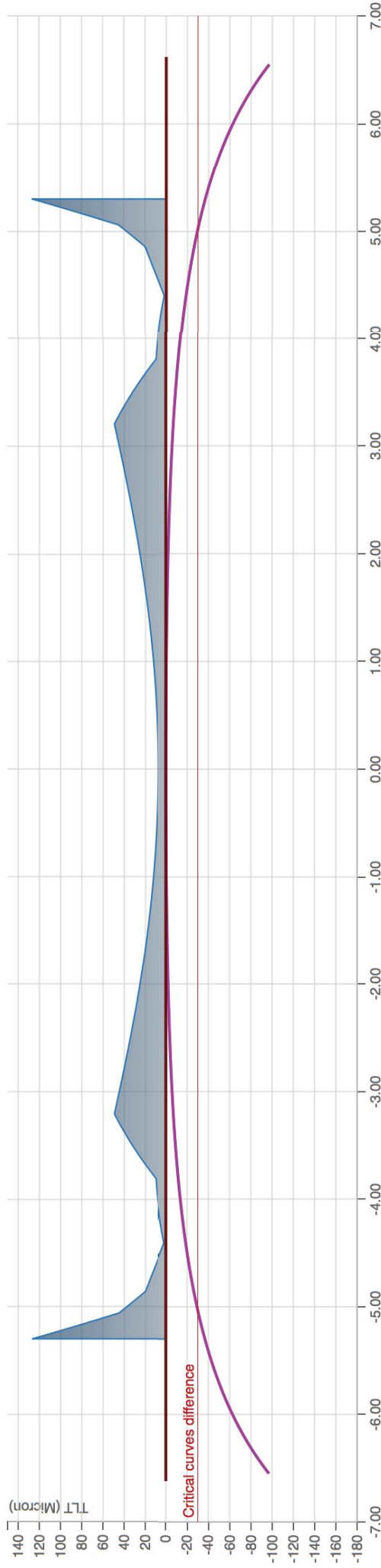
20.0 micron

45.0 micron

130.0 micron

Add Curve

Delete Curve



TLT View

● Flat Meridian ● Steep Meridian

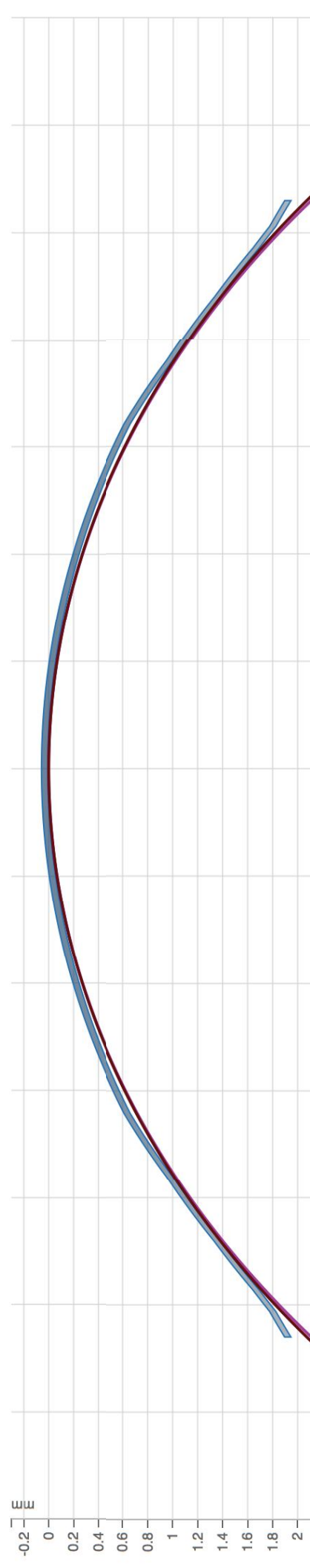
Cornea View



Width	Diameter	Clearance (flat meridian)	Radius
<input type="text" value="3.20 mm"/>	Ø0 6.40	TLT Apex	r0 8.04
<input type="text" value="0.60 mm"/>	Ø1 7.60	TLT End O.Z.	r1 7.05
<input type="text" value="0.60 mm"/>	Ø2 8.80	TLT End r1	r2 7.71
<input type="text" value="0.45 mm"/>	Ø3 9.70	TLT End r2	r3 8.23
<input type="text" value="0.20 mm"/>	Ø4 10.10	TLT End r3	r4 8.93
<input type="text" value="0.25 mm"/>	ØT 10.60	TLT End r4	r5 11.49
		Peripheral Edge	

Add Curve

Delete Curve



Lens 1 (Right Eye)

Lens 2 (Left Eye)

Lens 3 (Right Eye)

Lens 4 (Left Eye)

# What you need

Created on 03/11/2019 10:47. Last modified on 07/01/2020 13:27. Lens type: Reverse Geometry / Orthok - Overnight

Defect to reduce \*  D

Compression Factor \*  D (1.00)

Lens power \*  D (1.00)

Flat e correction \*

Shape \*

Material \*

Back Optic Zone

Front Optic Zone

Width	Diameter	Clearance (flat meridian)	Radius
<input type="text" value="3.20"/> mm	Ø0 6.40	TLT Apex <input type="text" value="8.0"/> micron	r0 8.04
<input type="text" value="0.60"/> mm	Ø1 7.60	TLT End O.Z. <input type="text" value="59.4"/> micron	r1 6.74
<input type="text" value="0.60"/> mm	Ø2 8.80	TLT End r1 <input type="text" value="10.0"/> micron	r2 7.42
<input type="text" value="0.45"/> mm	Ø3 9.70	TLT End r2 <input type="text" value="2.0"/> micron	r3 7.79
<input type="text" value="0.20"/> mm	Ø4 10.10	TLT End r3 <input type="text" value="20.0"/> micron	r4 8.28
<input type="text" value="0.25"/> mm	ØT 10.60	TLT End r4 <input type="text" value="45.0"/> micron	r5 10.01
		Peripheral Edge <input type="text" value="130.0"/> micron	

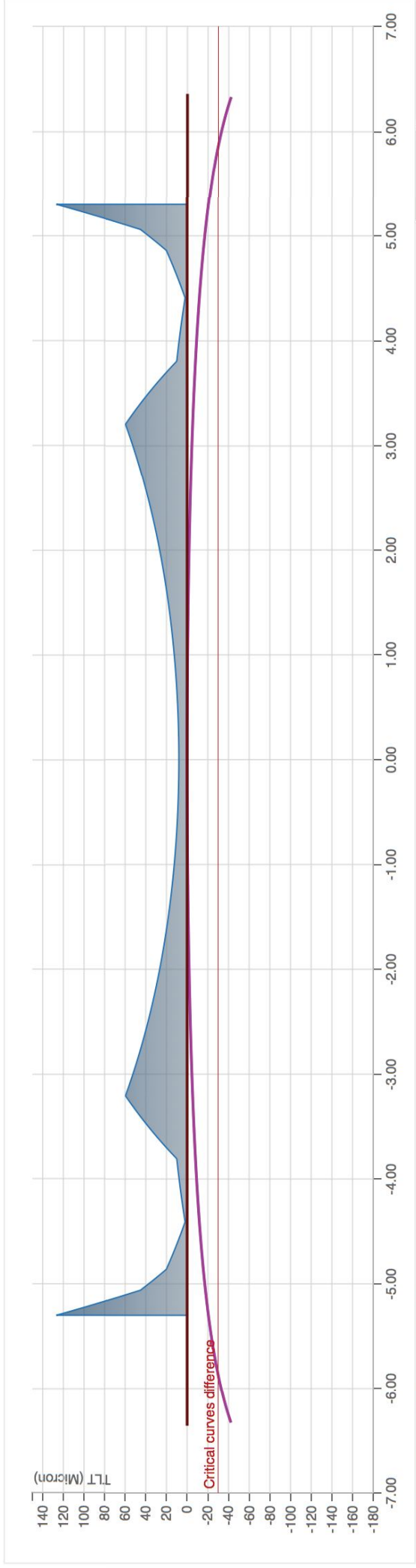
Add Curve

Delete Curve

# What you need

Width	Diameter (flat meridian)	TLT Apex	Radius
<input type="text" value="3.20 mm"/>	<input type="text" value="Ø0 7.40"/>	<input type="text" value="50.0 micron"/>	r0 8.04
<input type="text" value="0.60 mm"/>	<input type="text" value="Ø1 7.60"/>	TLT End O.Z. <input type="text" value="59.4 micron"/>	r1 6.74
<input type="text" value="0.60 mm"/>	<input type="text" value="Ø2 8.80"/>	TLT End r1 <input type="text" value="10.0 micron"/>	r2 7.42
<input type="text" value="0.45 mm"/>	<input type="text" value="Ø3 9.70"/>	TLT End r2 <input type="text" value="2.0 micron"/>	r3 7.79
<input type="text" value="0.20 mm"/>	<input type="text" value="Ø4 10.10"/>	TLT End r3 <input type="text" value="20.0 micron"/>	r4 8.28
<input type="text" value="0.25 mm"/>	<input type="text" value="ØT 10.60"/>	TLT End r4 <input type="text" value="45.0 micron"/>	r5 10.01
		Peripheral Edge <input type="text" value="130.0 micron"/>	

Add Curve Delete Curve



TLT View Cornea View

Width

3.20 mm

0.60 mm

0.60 mm

0.45 mm

0.20 mm

0.25 mm

Diameter

Ø1 5.70

Ø1 7.60

Ø2 8.80

Ø3 9.70

Ø4 10.10

ØT 10.60

Clearance (flat meridian)

TLT Apex

TLT End 0.7z.

TLT End r1

TLT End r2

TLT End r3

TLT End r4

Peripheral Edge

Radius

r0 8.04

r1 6.74

r2 7.42

r3 7.79

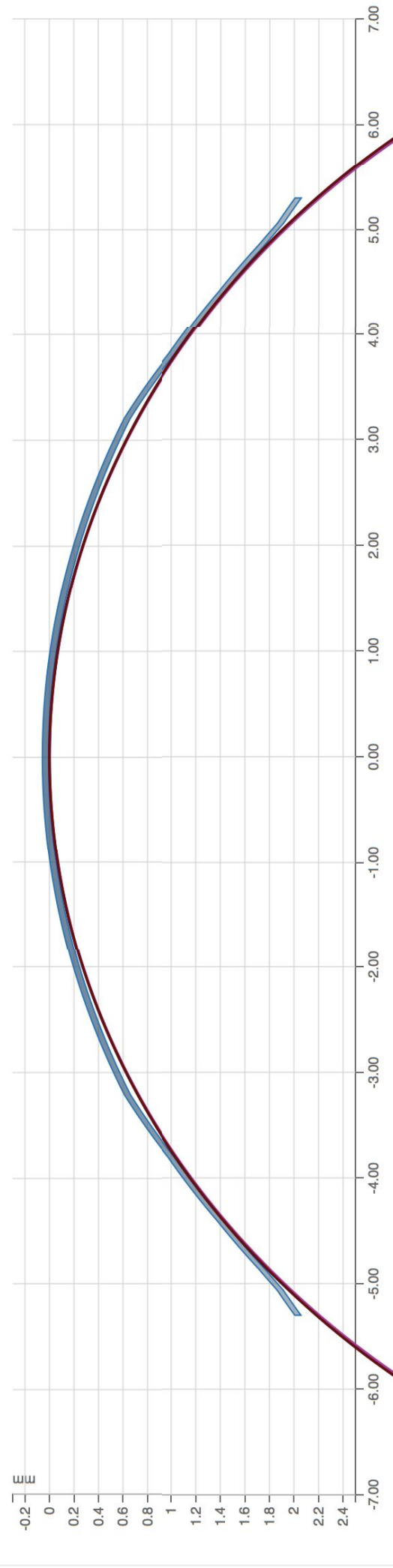
r4 8.28

r5 10.01

# What you need

Add Curve

Delete Curve



● Flat Meridian ● Steep Meridian

TLT View

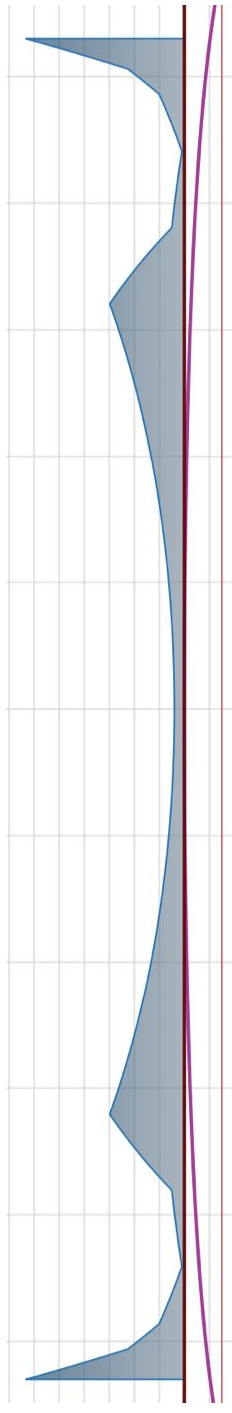
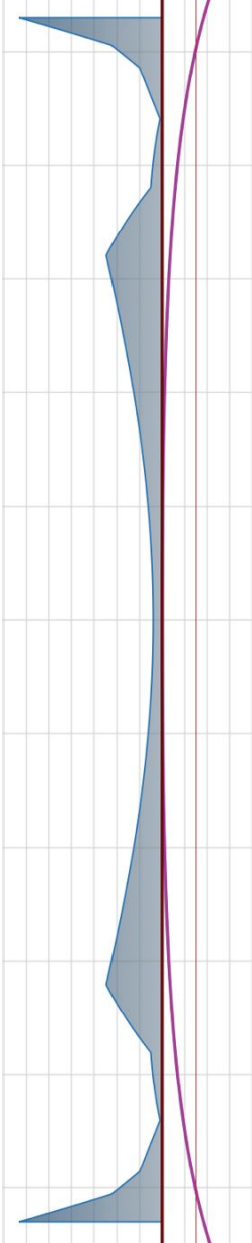
Cornea View

e value: 60/50

e value: 20/15

	Radius	
TLT Apex	<input type="text" value="8.0"/> micron	r0 8.04
TLT End O.Z.	<input type="text" value="49.2"/> micron	r1 7.05
TLT End r1	<input type="text" value="10.0"/> micron	r2 7.71
TLT End r2	<input type="text" value="2.0"/> micron	r3 8.23
TLT End r3	<input type="text" value="20.0"/> micron	r4 8.93
TLT End r4	<input type="text" value="45.0"/> micron	r5 11.49
Peripheral Edge	<input type="text" value="130.0"/> micron	

	Radius	
TLT Apex	<input type="text" value="8.0"/> micron	r0 8.04
TLT End O.Z.	<input type="text" value="59.4"/> micron	r1 6.74
TLT End r1	<input type="text" value="10.0"/> micron	r2 7.42
TLT End r2	<input type="text" value="2.0"/> micron	r3 7.79
TLT End r3	<input type="text" value="20.0"/> micron	r4 8.28
TLT End r4	<input type="text" value="45.0"/> micron	r5 10.01
Peripheral Edge	<input type="text" value="130.0"/> micron	





# Excentricity of the Lens

Lens 1 (Right Eye)

Lens 2 (Left Eye)

Lens 3 (Right Eye)

Lens 4 (Left Eye)

Created on 03/01/2018 03:45. Last modified on 04/01/2018 23:29. Lens type: Reverse Geometry / Orthok - Overnight

Defect to reduce \*

-2.00 D

Compression Factor \*

1.00 D (1.00)

Lens power \*

1.00 D (1.00)

Flat e correction \*

-0.05

Shape \*

Spheric Alignment

Material \*

Boston XO

Back Optic Zone

Spheric

Front Optic Zone

Spheric

Lens 1 (Right Eye)

Lens 2 (Left Eye)

Lens 3 (Right Eye)

Lens 4 (Left Eye)

Created on 03/01/2018 04:04. Last modified on 04/01/2018 23:32. Lens type: Reverse Geometry / Orthok - Overnight

Defect to reduce \*

-2.00 D

Compression Factor \*

1.00 D (1.00)

Lens power \*

1.00 D (1.00)

Flat e correction \*

-0.05

Shape \*

Spheric Alignment

Material \*

Boston XO

Back Optic Zone

Aspheric

Ecc. Increment

1.90

+

-

Shape Factor

-2.6100

+

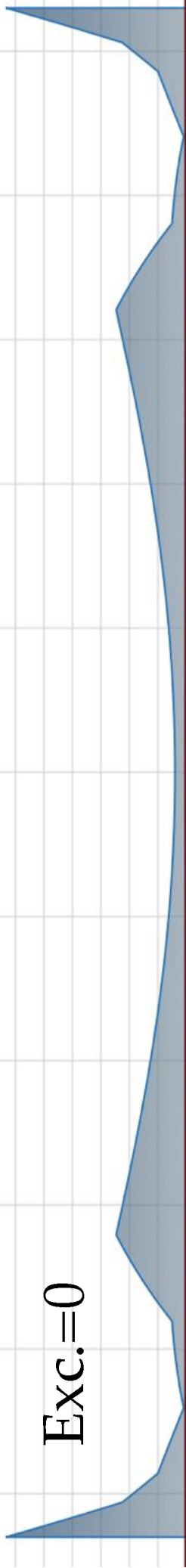
-

Front Optic Zone

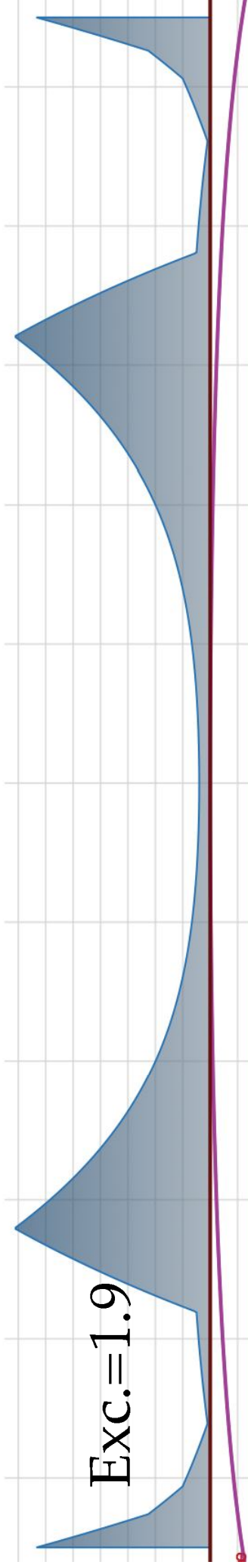
Spheric

# Excentricity of the Lens

Exc.=0



Exc.=1.9



Exc.=0

Exc.=1.9

	Radius
<input type="text" value="8.0 micron"/>	r0 8.04
<input type="text" value="49.2 micron"/>	r1 7.05
<input type="text" value="10.0 micron"/>	r2 7.71
<input type="text" value="2.0 micron"/>	r3 8.23
<input type="text" value="20.0 micron"/>	r4 8.93
<input type="text" value="45.0 micron"/>	r5 11.49
<input type="text" value="130.0 micron"/>	

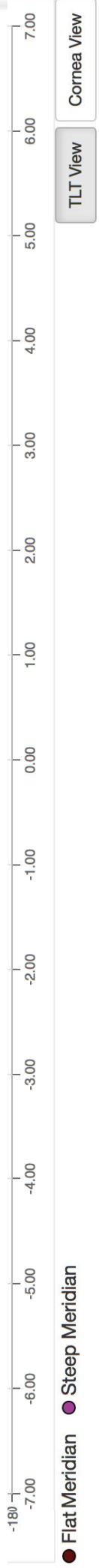
	Radius
<input type="text" value="8.0 micron"/>	r0 8.04
<input type="text" value="142.0 micron"/>	r1 5.86
<input type="text" value="10.0 micron"/>	r2 7.45
<input type="text" value="2.0 micron"/>	r3 7.76
<input type="text" value="20.0 micron"/>	r4 8.18
<input type="text" value="45.0 micron"/>	r5 9.60
<input type="text" value="130.0 micron"/>	

# Where does this lead us?

Width	Diameter	Clearance (flat meridian)	TLT Apex	Radius
<input type="text" value="3.20 mm"/>	∅0 6.40		<input type="text" value="8.0 micron"/>	r0 8.04

Add Curve

Delete Curve

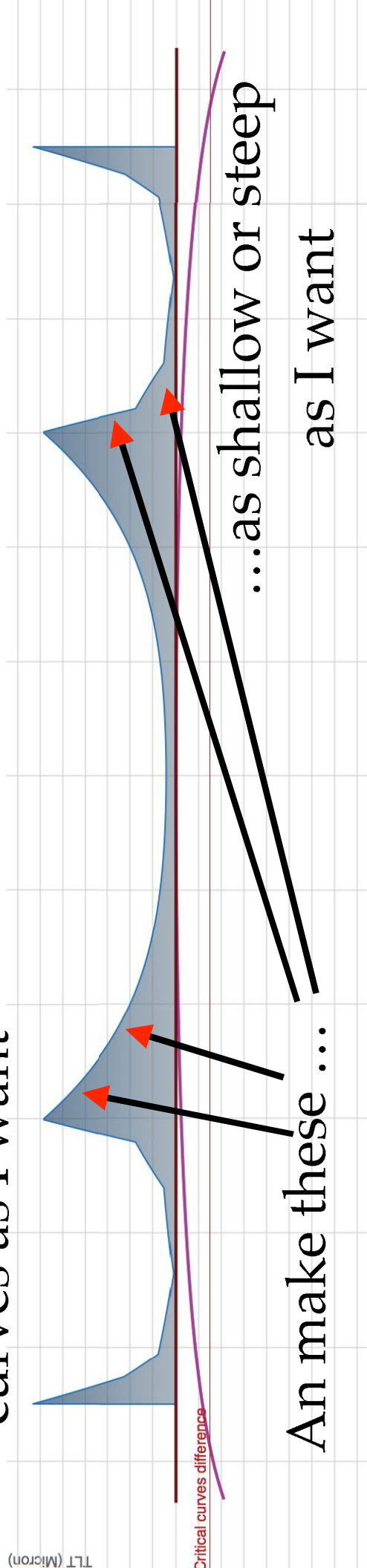


# Where does this lead us?

Diameter		Clearance (flat meridian)		Radius
<input type="text" value="3.00 mm"/>	Ø0 6.00	TLT Apex	<input type="text" value="8.0 micron"/>	r0 8.04
<input type="text" value="0.20 mm"/>	Ø1 6.40	TLT End O.Z.	<input type="text" value="116.8 micron"/>	r1 4.75
<input type="text" value="0.40 mm"/>	Ø2 7.20	TLT End r1	<input type="text" value="35.0 micron"/>	r2 6.87
<input type="text" value="0.75 mm"/>	Ø3 8.70	TLT End r2	<input type="text" value="10.0 micron"/>	r3 7.43
<input type="text" value="0.70 mm"/>	Ø4 10.10	TLT End r3	<input type="text" value="2.0 micron"/>	r4 7.64
<input type="text" value="0.20 mm"/>	Ø5 10.50	TLT End r4	<input type="text" value="15.0 micron"/>	r5 8.34
<input type="text" value="0.25 mm"/>	ØT 11.00	TLT End r5	<input type="text" value="45.0 micron"/>	r6 9.60
		Peripheral Edge	<input type="text" value="130.0 micron"/>	

I can add as many

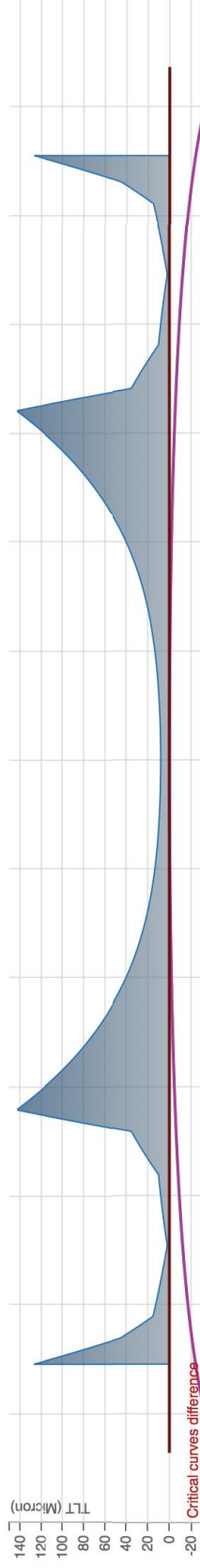
curves as I want



# Where does this lead us?

<input type="text" value="3.20 mm"/>	<input type="text" value="Ø6.40"/>	<input type="text" value="TLT Apex"/>	<input type="text" value="8.0 micron"/>	<input type="text" value="r0 8.04"/>
<input type="text" value="0.20 mm"/>	<input type="text" value="Ø1 6.80"/>	<input type="text" value="TLT End O.Z."/>	<input type="text" value="142.0 micron"/>	<input type="text" value="r1 4.62"/>
<input type="text" value="0.40 mm"/>	<input type="text" value="Ø2 7.60"/>	<input type="text" value="TLT End r1"/>	<input type="text" value="35.0 micron"/>	<input type="text" value="r2 6.93"/>
<input type="text" value="0.65 mm"/>	<input type="text" value="Ø3 8.90"/>	<input type="text" value="TLT End r2"/>	<input type="text" value="10.0 micron"/>	<input type="text" value="r3 7.43"/>
<input type="text" value="0.65 mm"/>	<input type="text" value="Ø4 10.20"/>	<input type="text" value="TLT End r3"/>	<input type="text" value="2.0 micron"/>	<input type="text" value="r4 7.65"/>
<input type="text" value="0.20 mm"/>	<input type="text" value="Ø5 10.60"/>	<input type="text" value="TLT End r4"/>	<input type="text" value="15.0 micron"/>	<input type="text" value="r5 8.31"/>
<input type="text" value="0.25 mm"/>	<input type="text" value="ØT 11.10"/>	<input type="text" value="TLT End r5"/>	<input type="text" value="45.0 micron"/>	<input type="text" value="r6 9.50"/>
<input type="text" value="Peripheral Edge"/>			<input type="text" value="130.0 micron"/>	

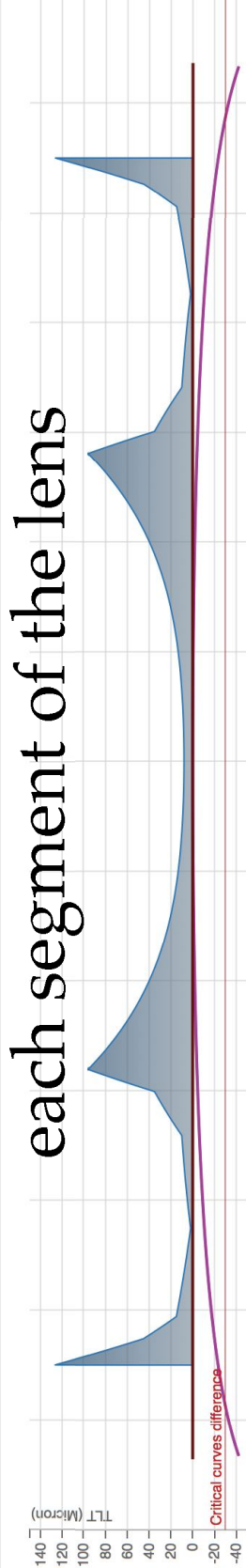
Add Curve Delete Curve



Width	Diameter	Clearance (flat meridian)	Radius
<input type="text" value="2.80 mm"/>	<input type="text" value="Ø0 5.60"/>	<input type="text" value="TLT Apex"/>	<input type="text" value="r0 8.04"/>
<input type="text" value="0.20 mm"/>	<input type="text" value="Ø1 6.00"/>	<input type="text" value="TLT End O.Z."/>	<input type="text" value="r1 4.96"/>
<input type="text" value="0.40 mm"/>	<input type="text" value="Ø2 6.80"/>	<input type="text" value="TLT End r1"/>	<input type="text" value="r2 6.80"/>
<input type="text" value="0.85 mm"/>	<input type="text" value="Ø3 8.50"/>	<input type="text" value="TLT End r2"/>	<input type="text" value="r3 7.44"/>
<input type="text" value="0.80 mm"/>	<input type="text" value="Ø4 10.10"/>	<input type="text" value="TLT End r3"/>	<input type="text" value="r4 7.63"/>
<input type="text" value="0.20 mm"/>	<input type="text" value="Ø5 10.50"/>	<input type="text" value="TLT End r4"/>	<input type="text" value="r5 8.34"/>
<input type="text" value="0.25 mm"/>	<input type="text" value="ØT 11.00"/>	<input type="text" value="TLT End r5"/>	<input type="text" value="r6 9.60"/>
<input type="text" value="Peripheral Edge"/>			<input type="text" value="130.0 micron"/>

Add Curve Delete Curve

# I can control the diameters of each segment of the lens



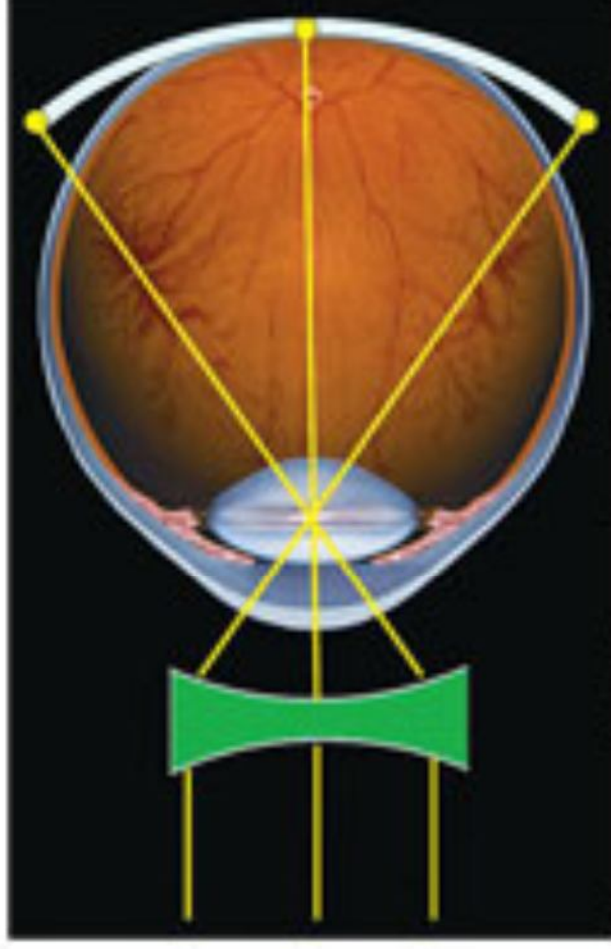
# So *what*

- What's that got to do with this group? Are you asking!
- **EVERYTHING**

# Important concepts

- #1- Hyperopic peripheral defocus

# 1-Hyperopic peripheral defocus



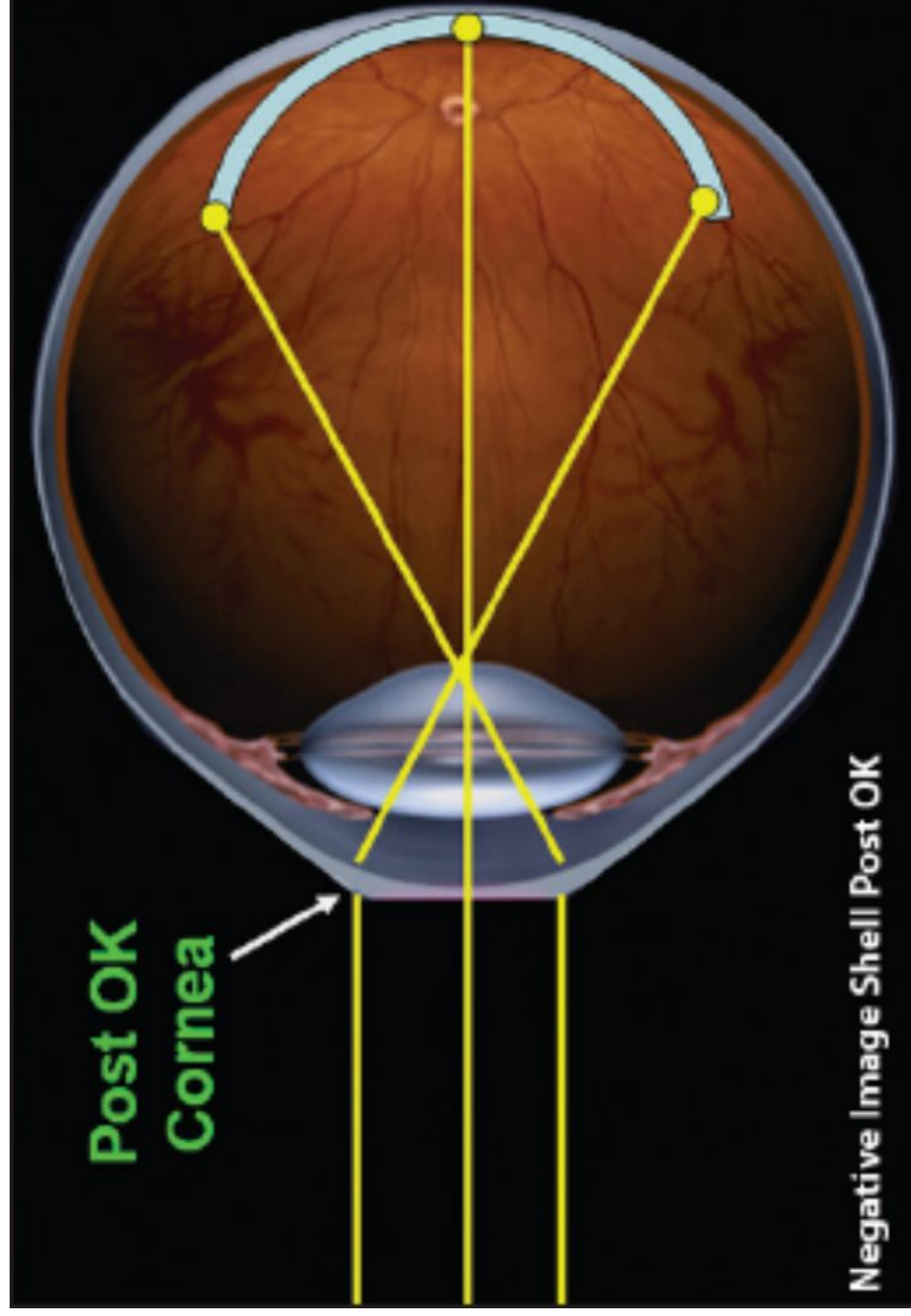
**Hyperopic defocus in the retinal periphery, even in the absence of visual signals from the fovea, can stimulate myopic progression.**

Assumption that seems to correlate with scientific data: local growth hormone triggered by receptors



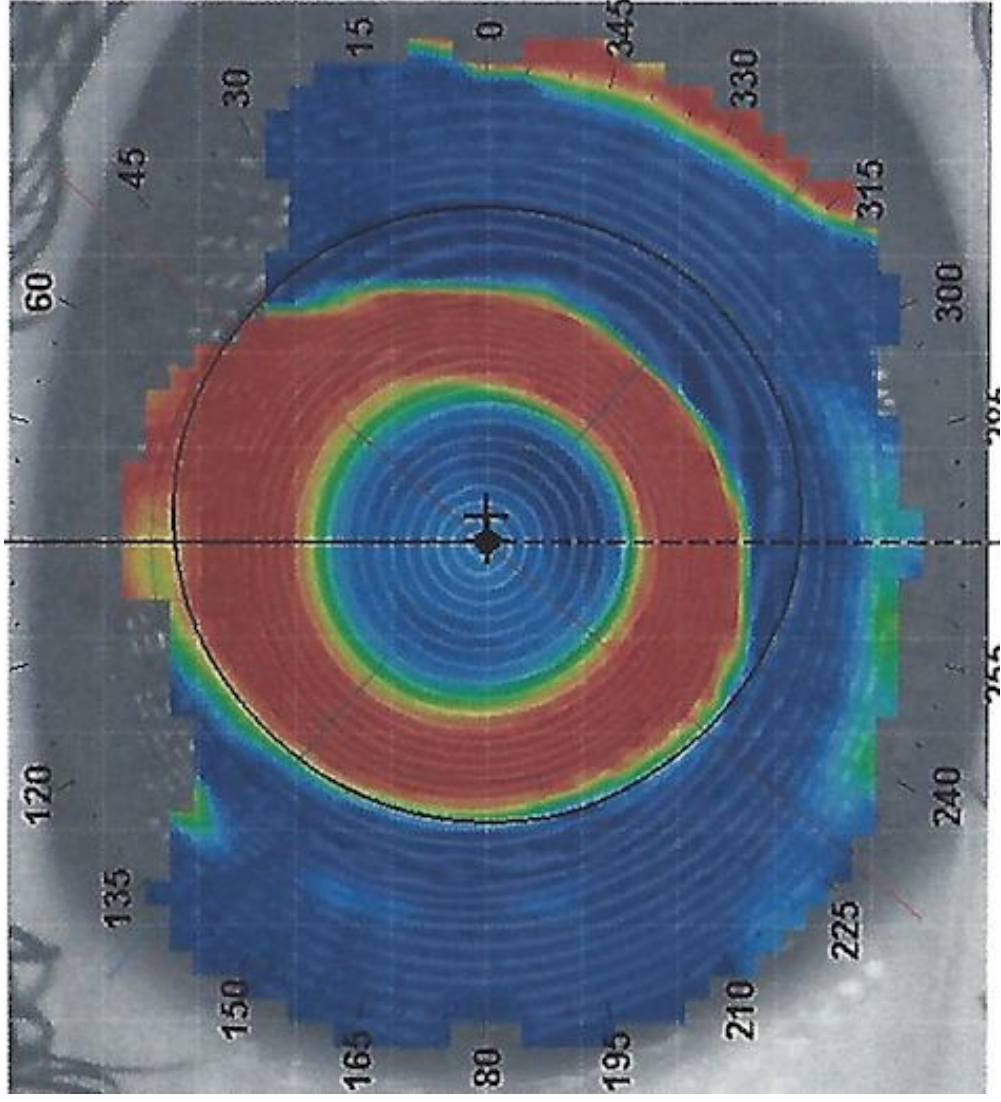
# 2-Hyperopic peripheral

## Refocus

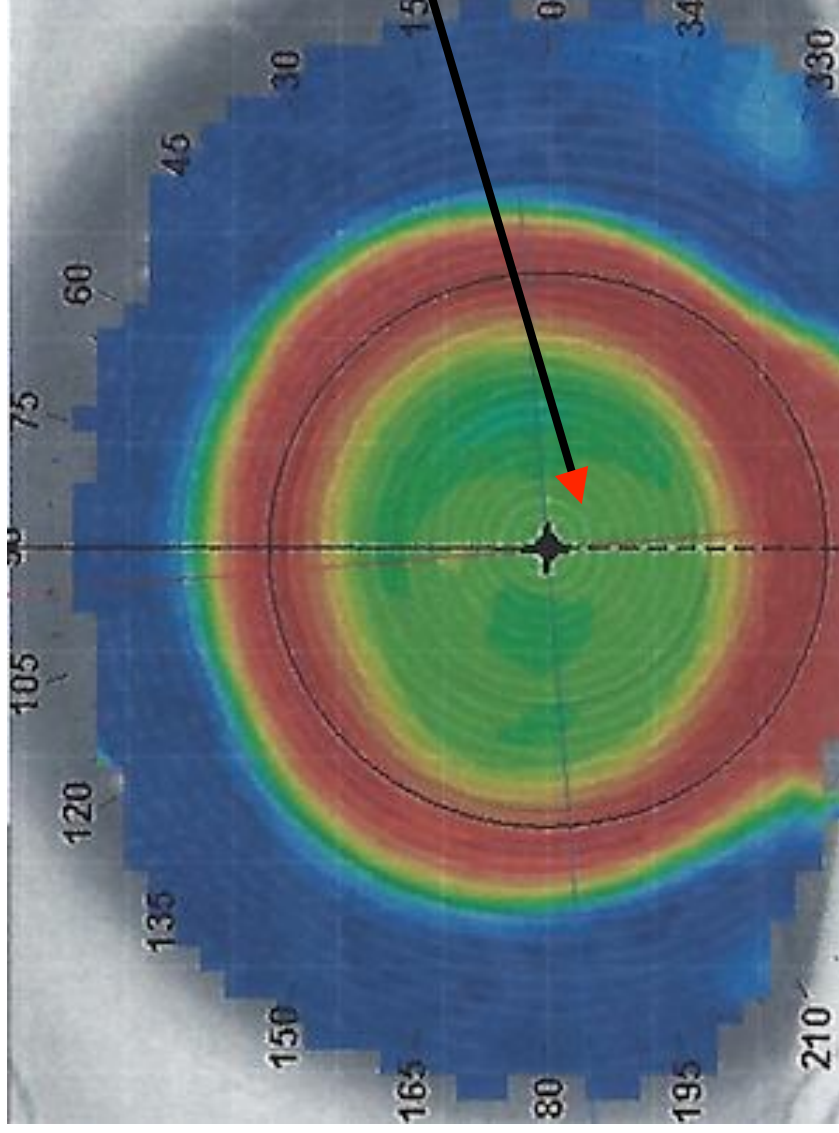


An assumption that seems to correlate with clinical experience: myopic slow down seems proportional to re-focus of periphery

- Simcha O., at 10 was -6.25
- Now 13, stable at +0.50

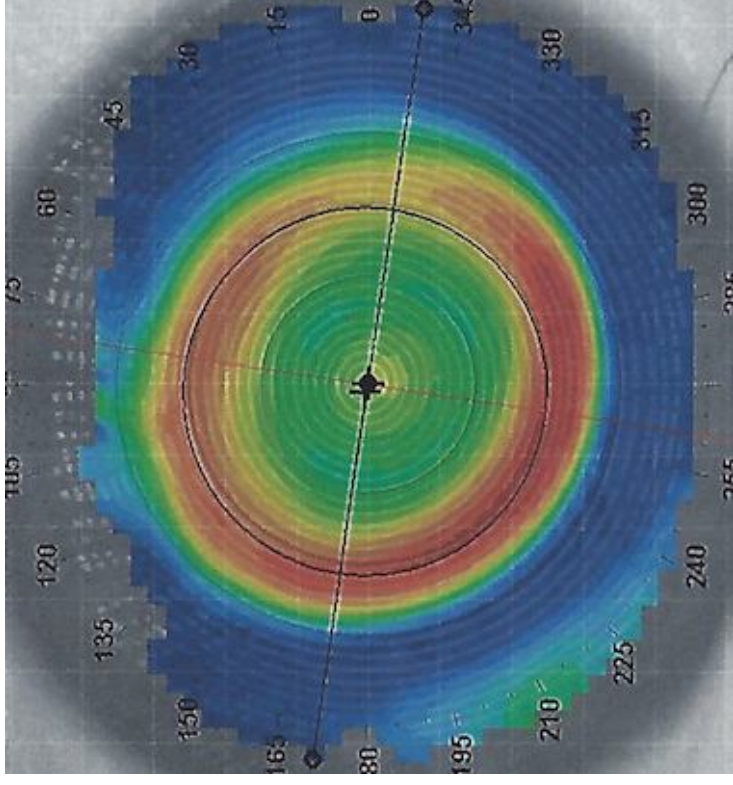
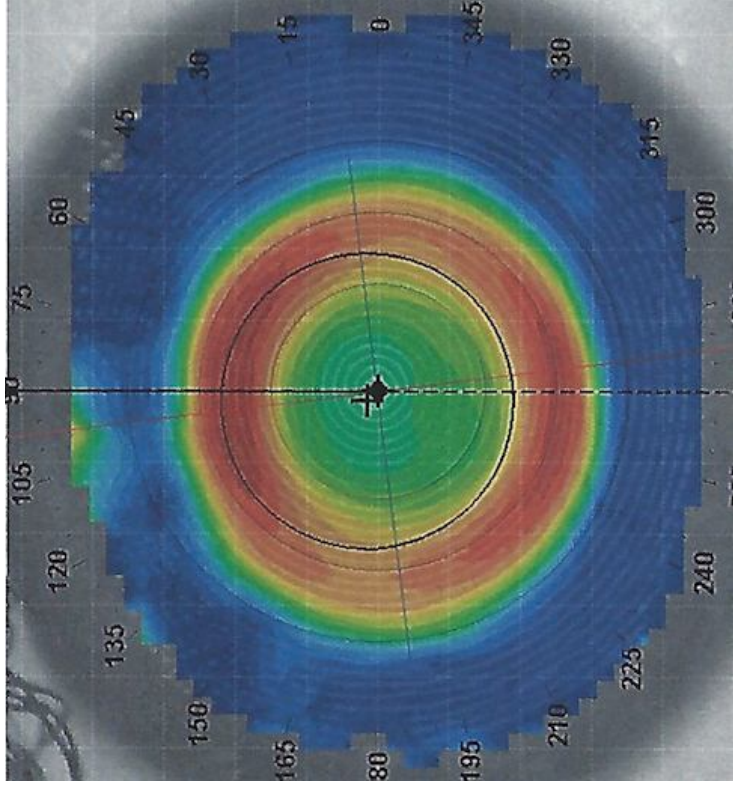


- Octavie C., at 8 was -1.50
- Now 12, stable at +0.50
- ... Back OZ eccentricity yields same « Bull's Eye » pattern

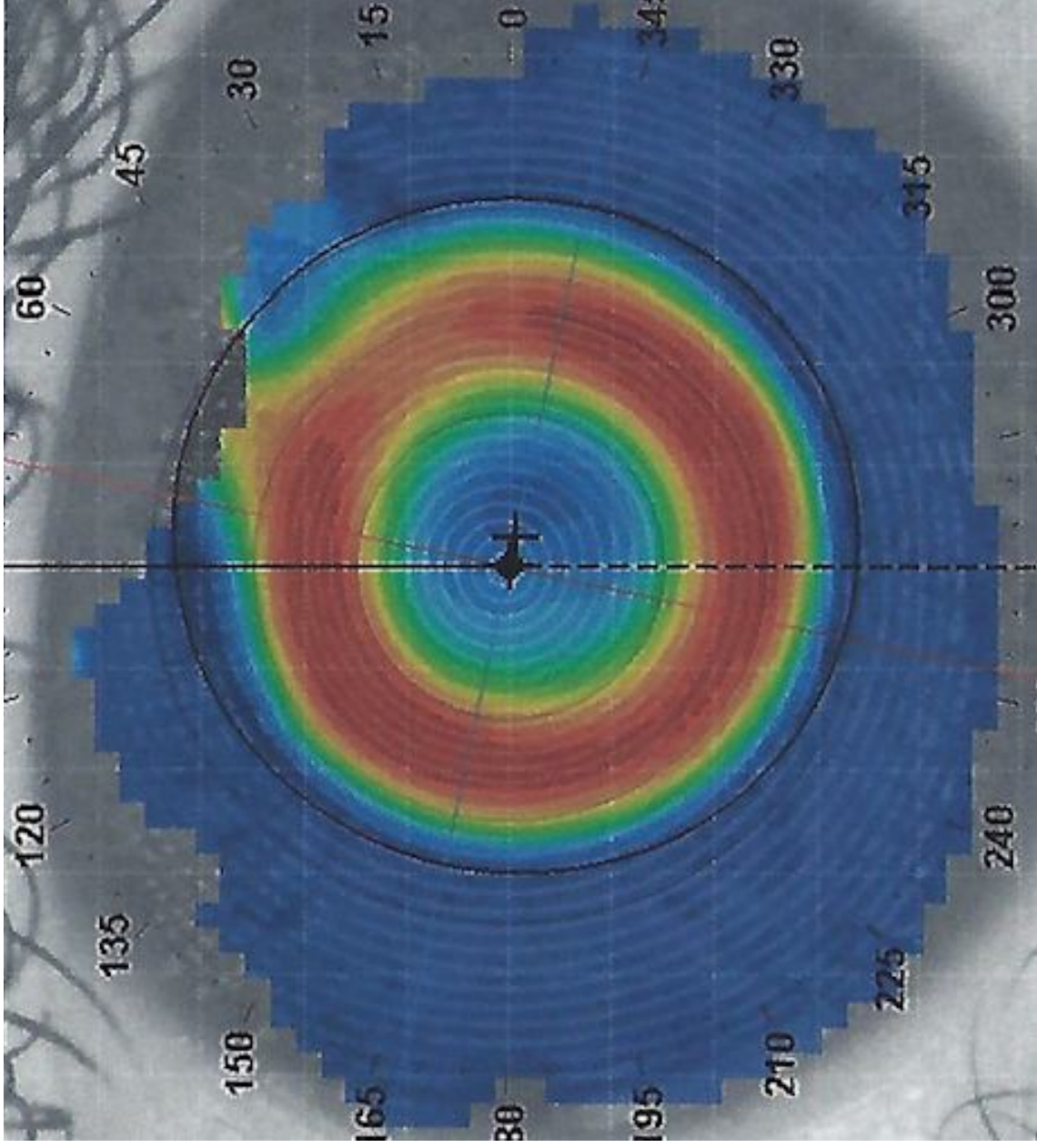


even with a green /  
yellow central zone

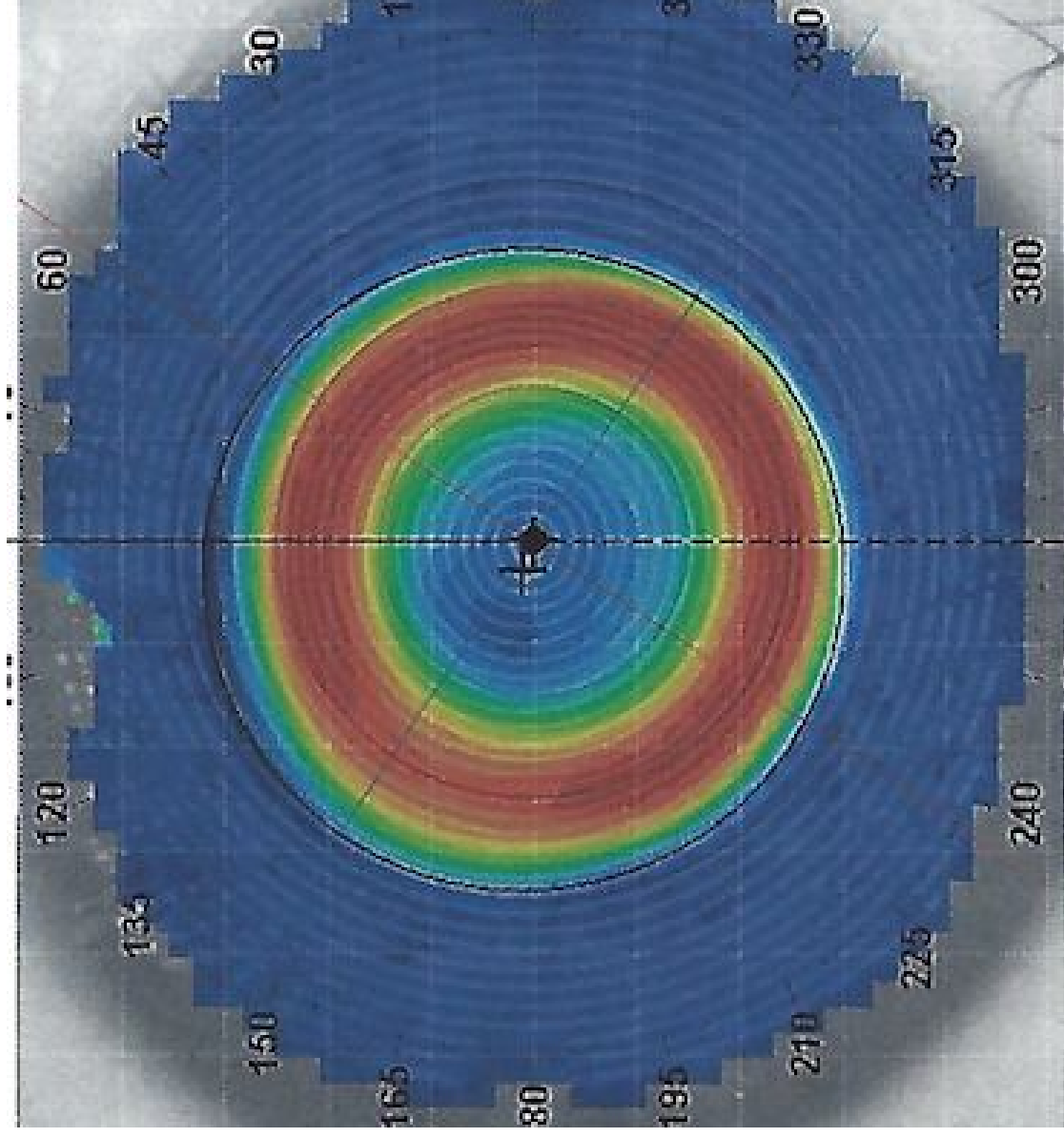
- Melissa H., 10 was -1.50, now +0.50
- First with narrow OZ, and then wide OZ



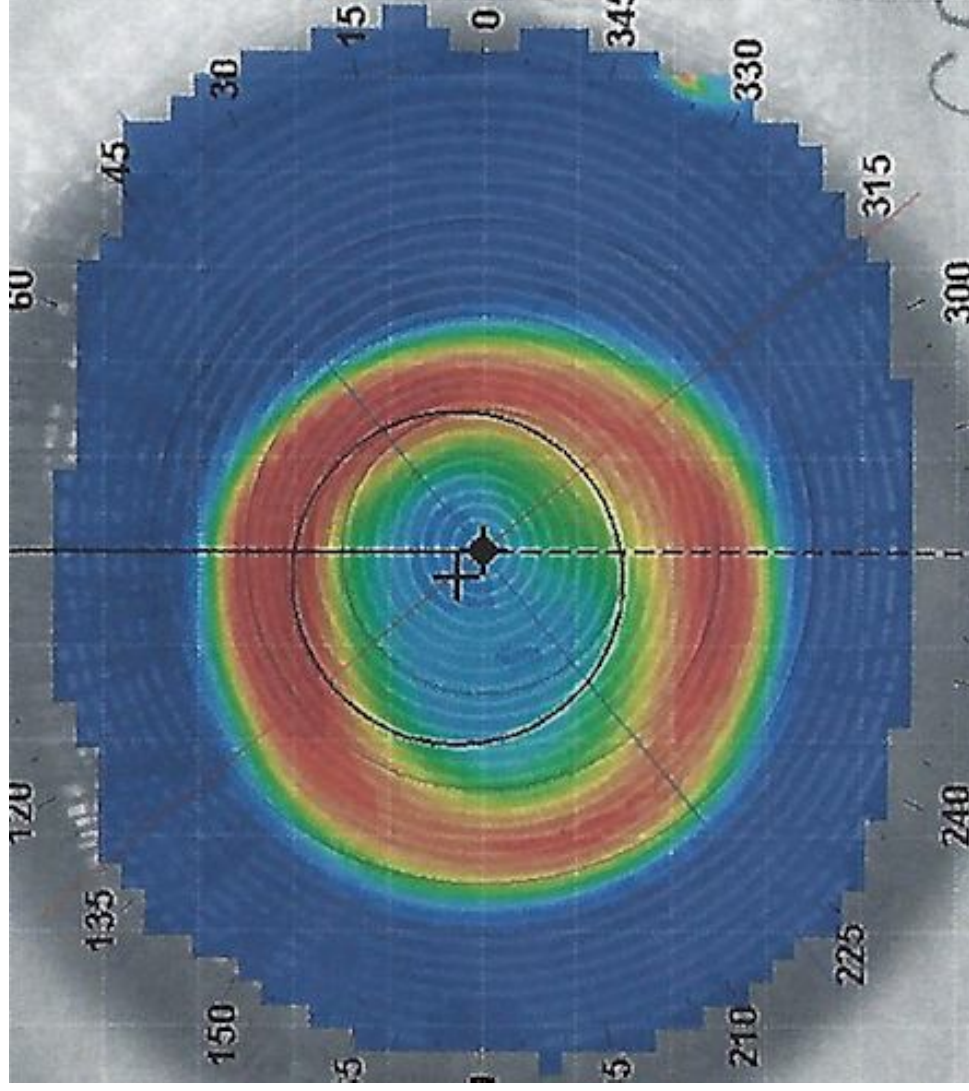
- Faigy R., 10, was -1.50, now +0.50



- Nathan S., 12, was  $-5.75$ , now  $15$ ,  $+0.25$



- Yoanna N., 10, was -4.75 - 3.50 X 175
- Now 15, +0.25 - 0.50 X 175



# Important concepts

- **Reducing Hyperopic Peripheral Defocus enhances:**
- 1-Reflex reading distance: (ReViP) ViPre
- stretches the reading distance significantly for most
- Demonstration









# Important concepts

- Reducing Hyperopic Peripheral Defocus enhances:
- 2- « Useful » amplitude of accommodation:
- Donders doesn't change but #19 goes up (-0.50 to -1.00)

# Important concepts

- **Reducing Hyperopic Peripheral Defocus enhances:**
- 3-Ductions, near and far, look more spatially tuned:
- Breaks go slightly down
- But recoveries go significantly up
- ...That's one thing Army Sherman shared way back then

# Important concepts

- **Reducing Hyperopic Peripheral Defocus enhances:**
- 4-Span of recognition: gets wider

●zrsknbowax

c●mhegniut

wy●tljfadzk

enl●vfoadhhd

nged●bzftcl

olcevz●tdnp

hophtev●kzw

# Important concepts

- **Reducing Hyperopic Peripheral Defocus enhances:**
- 5-Para and peri central awareness
  - *As a corollary, performance at the following is improved*





**Left**  
**Right**  
**VISION DISK**

**AGAINST** ↑ **FOREHEAD**

**DEGREES**

**DEGREES**

**DEGREES**

**HUBBARD**  
PATENT PAPER, LTD.

**HUBBARD**  
PATENT PAPER, LTD.

**HAP**

**HAP**

000-8325

000-8325



2

**NL**

**VZ**

**K<sup>T</sup>**

**LH**

**○**

**YE**

**FS**

**TYA**

**U**

**Y**

**T**

**K**

**KN**

**AM**

**PN**

**E**

**EX**

**A**

**K**

V

C

J

P

F

K

Q

A

N

H

S

I

X

W

M



U

G

O

E

Z

Y

D

T

R

L

B

# Important concepts

- **Reducing Hyperopic Peripheral Defocus enhances:**
  - 1- Reflex reading distance: ReViP
  - 2- Useful amplitude of accommodation (#19)
  - 3- Ductions, near and far, as clues to computing of space
  - 4- Span of recognition
  - 5- Para and peri central awareness

# Important concepts

- These are all beneficial side effects of Ortho-K
- They are just as important, if not more so, than the primary effect
- Thus Ortho-K blends in marvellously in a global approach to myopia control
- Which includes lenses, prisms, VT, posture control and tints.

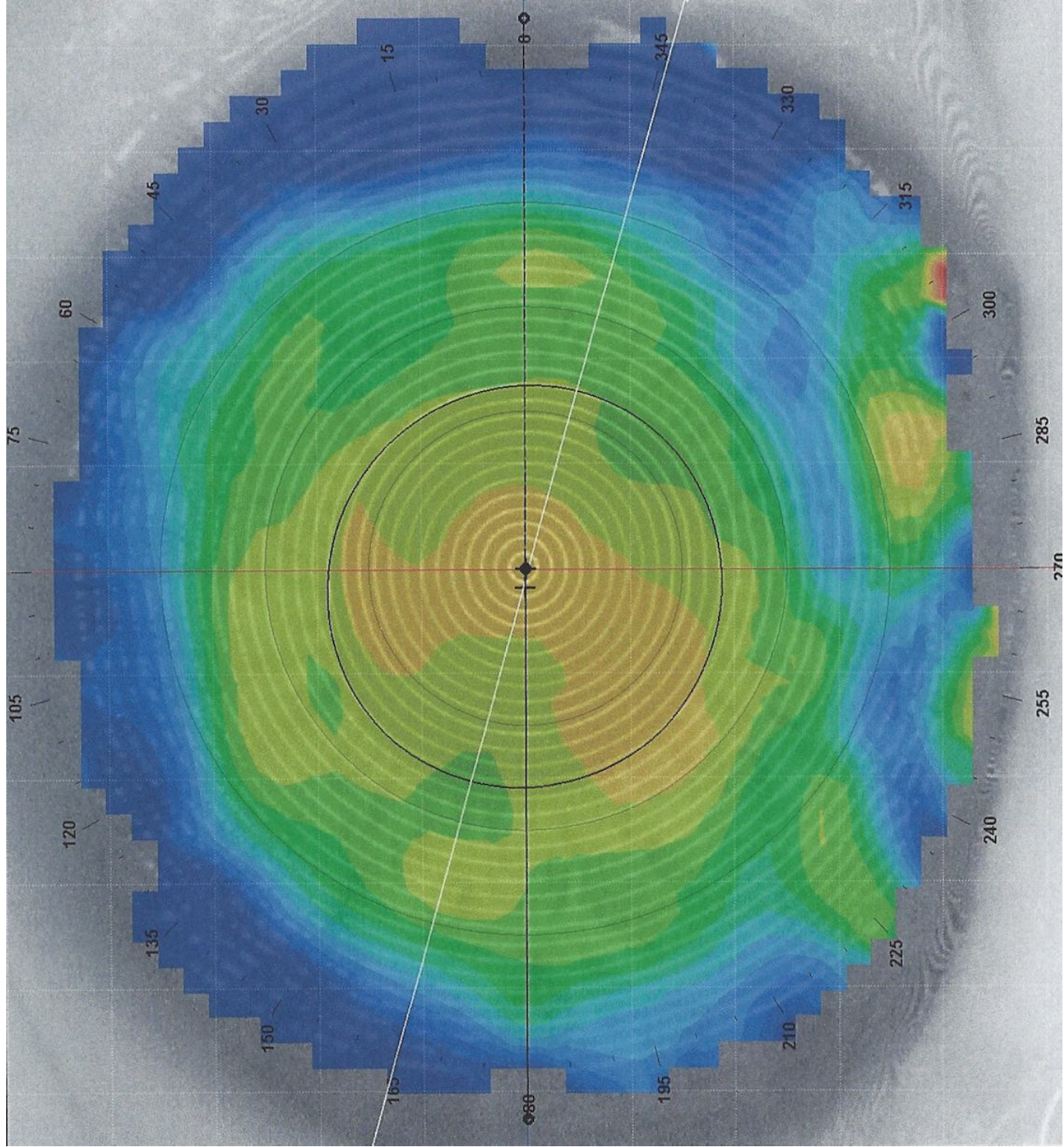
# About Posture Control...

- Adjust furniture: higher chairs and / or lower tables
- Prohibit wrong habits (while they are still just that)
- Use slant boards
- About slant boards...

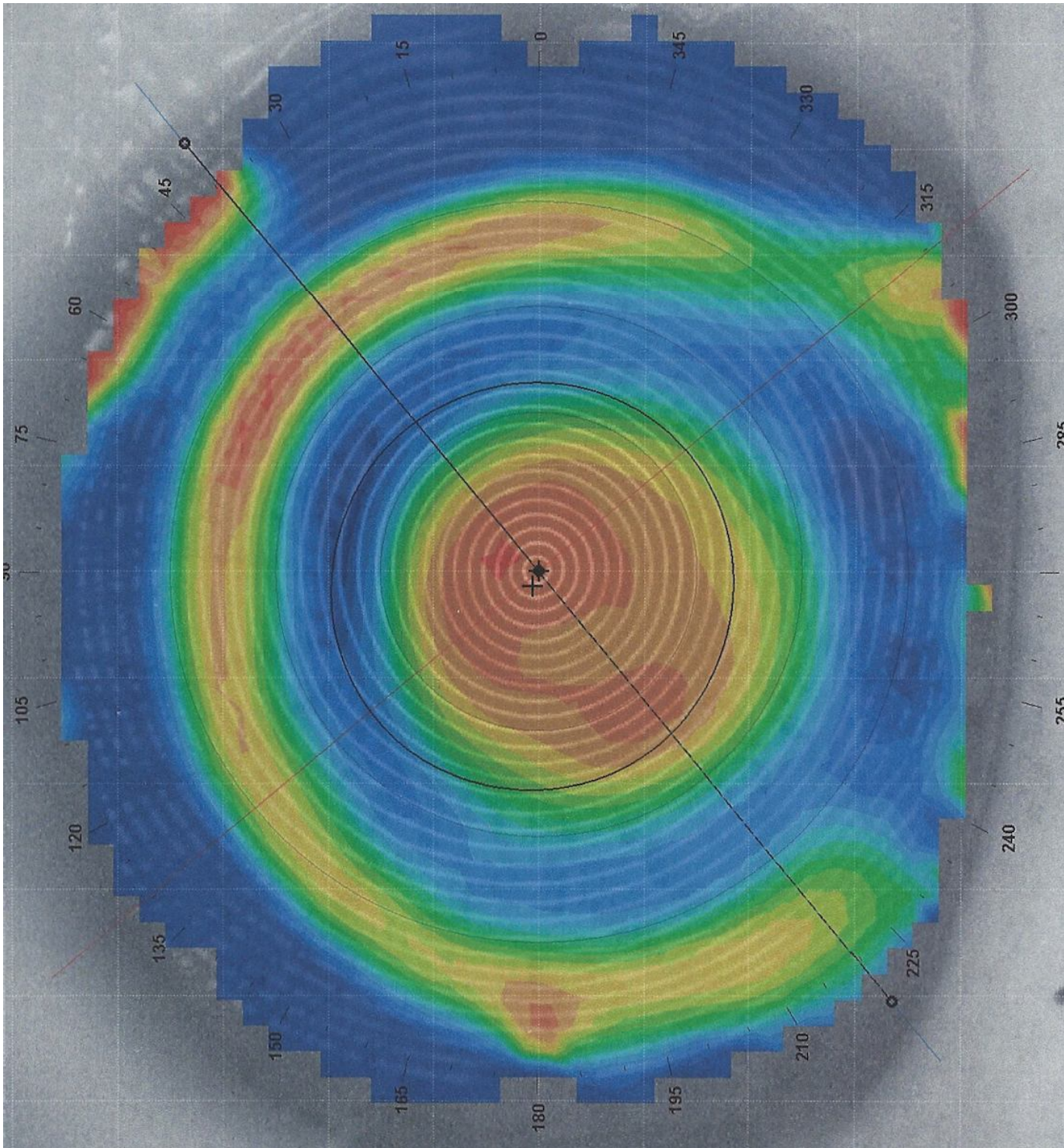
# Let's not forget the future!

- Meet Marie-Hélène G., 15
- od: +3.50 20/70
- os: +0.25 20/20+
- Going into VT, your choice of:
  - Shaw
  - Soft CL
  - Ortho-K





+3.50 20/70



-0.25 20/20

# Before we leave

- Please take a closer look at what Ortho-K really is
- Please take notice of all the potential
- Either get into it yourself
- Or develop a close relationship with an OD who is versed
- Because you want to reap all the behavioural benefits

My Secret Weapon  
My secret weapon



The Eyes Are The First To Go.

© Graceter.

