

Skeffington-Inspired Insights in New Epidemics (1) Affecting 4-yr-olds, (2) Young Adults & (3) a New Appreciation for an Old Epidemic – All thanks to new technologies

-- A Challenge to Optometry to Turn Around Misconceptions

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Skeff's 6 Stages of Binocular Deterioration & Epidemiologic Evidence

- Eastern Seaboard Conf on Visual Training, Vol 13: 47-55 & 55-69b. Study of 78 optometric findings associated with a complaint index in 200 optometric patients.
- "Why would anyone want to wear glasses when they can see perfectly clearly without them?"
 - –AM Skeffington

4 yr-olds, 5-yr-olds, 6-yr-olds & Hand-Held Interactive Tablets

- 1. Working at 8 to 10 inches from the eyes induces 4 to 5 diopters of accommodation – quite do-able for short periods of time.
- 2. But the electronic tablets, pads, and smart phones have become typically addictive.
- 3. We are photographing kids with this obsessive behavior. They are developing scary cupping at the optic disk.

The Consensus Among the Uninformed

- 1. Reading glasses should only be worn when cannot possibly see detail without them—to prevent de[pendency].
- 2. Glasses should be worn constantly to encourage eyes to work normally.
- 3. Wearing glasses is like admitting personal defect.
- OR
- 3. Differently designed glasses are like differently designed tools.

Glasses as Tools, not Crutches

1. Acknowledge: **Presbyopia** in normal persons is not a defect!
2. Diet is a factor but not the principal factor.
3. The principal factor for reduced accommodation is the continual addition of new cells enlarging the periphery of the crystalline lens after about age 11.
4. VT and age-appropriate accommodative rock can and do result in greater amplitude of accommodation and resistance to refractive change.
5. Overindulgence in accommodative stress promotes myopiagenesis.