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THE POWER OF + 0.37 SPHERES

Over my many years of practicing Holistic Developmental/Behavioral Optometry I am still in awe of the **Vision** enhancement and preventive benefits of low power + 0.37 Sphere Lenses prescribed OU ! I will discuss some of my thinking and application of this wonderful lens power tool that we have available to help our patients with their **Vision**. There have been studies done and reported in our Optometric Literature of how even a **0.12 diopter lens power** can change **Vision Processing and Behavior** of a person when they wear them. I will discuss now some of the ways I have used + 0.37 Spheres applied OU in Rx Spectacle form. It is up to you, my fellow colleagues, to discover ways to use them to help benefit your patients according to your "Model of Vision".

In my office, one of the Screening vision probes we use on all patients, at every yearly exam is the Randot Test. I'm sure most if not all of you also perform this test. We do it **before** I begin any of my Analytical with them. An example follows: Suppose a child, teen, or adult, say up to the age of 35 or so, and **not wearing glasses**, misses some, mostly the latter Randots, not seeing the "float". I then immediately introduce + 0.37 Spheres Binocularly in front of their eyes. Often, many can now detect the "float" easier, and then gets most if not all of the missed ones correct. What does this tell you? We in this room know the answer!

As another example, over the years I have used + 0.37 Spheres to help **prevent myopia or slow down it's progression** in a number of my patients. Some examples would be persons who let's say have a # 7A of Plano or - 0.25 Sphere. Each could also have a small amount of Astigmatism say up to -.050 Diopters. The one with Plano in many cases, **is or will be**, exploring going over to the "**myopia**" side. The one with - 0.25 has already gone over to the "dark side" visually (smiley) and most likely will be programming in more myopia with their unresolved "near point vision stress", as many of our Optometric Studies and clinical observations have pointed out. If the two mentioned examples are "achievers" the "myopia deck" is more stacked against them in many cases ! These are **GREAT candidates** to try OU + 0.37 Spheres as their only lenses to use and following my extensive "**Vision Hygiene**" **techniques** that we show **ALL patients**. If they wear these lenses for all near centered visual tasks (or as many as they can) and also wear them indoors during the day for a number of hours that I determine according to my findings and their ability, I often see the next year that the Plano person is still Plano but more often has moved up into the "+" side. For the previous - 0.25 person he/she often goes to Plano, +0.25, or holds their previous -0.25. If each had a little Astigmatism combined or alone, I often find that the +0.37 Spheres along with the Vision Hygiene, and other factors I suggest they do, has enabled them to "**deprogram**" some or all of the astigmatism also. I rarely Rx small amounts of

astigmatism in lens Rx's for my patients. I'm sure many in this room, also do not Rx small amounts of astigmatism, especially on a youngster who comes to you for his/her first ever eye/vision exam and you find a small amount of astigmatism. Now for many Ophthalmologists and "traditional" Optometrists, this might not be the case !

The + 0.37 Spheres OU work especially well for the Plano or - 0.25 individual where + 0.50 Spheres would create too much of a blur while viewing their distance visual world, copying from a blackboard, etc. (Do any schools use "blackboards" anymore ?!) (grin) My last example that follows is about patients who have "**20/20**" **without glasses, contacts, etc.**

Let's say that this person is a slow and/or an uncomfortable reader, etc. I have them read something on their grade level to themselves. I then give them a choice as I introduce + 0.37 Spheres OU in front of their eyes. I state, "which one of these makes your eyes feel better or are they the same as you are reading" ? (no lenses or the + 0.37 Spheres) I usually give them 3 or 4 cycles of lenses off then on. Sometimes I have them read out loud when I do this Vision probe, especially if they say : "they are the same". I have a parent(s) in the exam room the whole time for my exams. If the parent(s) hears the difference in reading ability, (increased speed, less losing place, better inflection in voice, etc.) they can better understand the value of "+ for near" !

In closing, I have cited a few examples of how I have used + 0.37 Spheres to help enhance and direct more efficient Vision Processing and Comfort in some of my patients. I view the low power + 0.37 Sphere lenses as one of the **POWERFUL Vision Enhancement tools in our "Vision Tool Box"**. I also view them as having a small **Homeopathic like, lens stimulus effect** upon one's Mind/Brain processing through Vision input. You might even say they emulate that old saying: "a little goes a long way".

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