Orthokeratology: Treating Short-sightedness in Children

Envision Optical explains why it is the best treatment for your child

ENVISIONOPTICAL MEDIA RELEASE
ImmediateRelease
Gold Coast 20th July 2012

Celia Bloxsom of localoptometry business, Envision Optical, is encouraging parents toconsider Orthokeratology vision correction therapy as the best formof treatment for myopic progression in children following newclinical research presented at the Orthokeratology Society ofOceania (OSO) conference held 6th July 2012, on the Gold Coast. Celia is the Secretary of the OSO and was one of the organisers ofthe conference attended by over 200 speakers and delegates fromAustralia, New Zealand, Italy, England, Canada and the USA. Thelatest research showed that Orthokeratology lenses are proving to bethe most effective treatment option available to control theprogression of myopia/short sightedness in children by up to 80%. 1
Envision Optical has developed aprimary focus on improving childrens vision and introducingeffective measures in myopia control. A 4-year study, conducted atSchool of Optometry at The Hong Kong Polytechnic University,indicated that Orthokeratology can suppress childhood myopia farbetter then regular contact lenses or spectacles.1
Celia states that, Ortho-K is theideal treatment for children and teenagers with myopia(short-sightedness). Myopic progression occurs through axial eyegrowth, that occurs in growing children, and with Orthokeratology weare able to control elongation which will not only reduce shortsightedness but the secondary complications common in myopic patientssuch as retinal detachment and glaucoma.
Good vision and ocular health are important to achild's development and all parents want the best for their children.To be able to provide convenient vision correction that is notonly safe but proven to be effective in slowing down and stoppingdeterioration in vision, which in many cases is hereditary, issomething most parents will consider. said Celia.
Orthokeratology is anon-surgical means of vision correction, altering the shape ofthe cornea in order to reduce or correct myopia, hyperopia, andastigmatism. With the clinically proven and US FDA approved resultsin refractive error correction, myopic control and astigmatismreduction, it represents a safe and effective solution for peoplewith myopia.
Orthokeratology is aviable, innovative alternative to refractive laser surgery.Because laser surgery can not be performed on children,Orthokeratology is the best form of treatment to control myopia at anearly age. It does not have an age restriction making it safer andsecure in its result. Because it is also reversible patients canchoose other treatments in the future or continue withOrthokeratology.
People in hazardous orspecialised occupations that are hindered by the use of glasses orcontacts are also good candidates for Orthokeratology, such asprofessional sportsmen, policemen, firemen. said Celia.

Wong.C, (2012), PolyU Optometry Expert Proves the Effectivenessof Orthokertology in Myopic Control, Retrievedfromhttp://www.polyu.edu.hk/cpa/text/index.php?press_category=All&mode=pressrelease&Itemid=170&option=com_content&press_id=2233
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About Envision Optical
Envision Optical is an independenteyecare brand located in 4 locations on the Gold Coast. They infuses comprehensive eyecare witha memorable retail service. With a holistic optical solution that enhance patients abilityto do the things they love.

About Celia Bloxom
Envision Optical Optometrist/GroupClinical Eyecare Manager/ Secretary for the Orthokeratology Societyof Oceania
Her reputation for fitting contactlenses earned her a place as a supervising clinician at the School ofOptometry at QUT and appointed Secretary for the OrthokeratologySociety of Oceania. Internationally recognised due to her specialityin contact lenses , including orthokeratology, she is an activeconsultant to the contact lense industry.

About Andrew Bowden

Optometrist/Director

Andrew has been fitting continuous wearsilicone hydrogel contact lenses since their launch in 1999, and hehas sub-specialities in multifocal contact lenses and specialtycustom contact lenses including correcting keratoconus and Ortho-Kvision correction therapy.

What is Orthokeratology?

Orthokeratology (also known as OrthoK,OK) is an inovative way of wearing contact lenses, involving the useof specially designed rigid gas-permeable (RGP) contact lenses toalter the shape of the cornea in order to reduce or correct myopia,hyperopia, and astigmatism. These specially designed custom lensesare worn overnight, temporarily altering the shape of the corneaenough to produce clear, lasting vision after removal and throughoutthe day.

How Does Orthokeratology work?

Orthokeratology is the use of contactlenses to mould the shape of the cornea to reduce or correct myopic(short sightedness)

It can be likened to the use ofretainers by an orthodontist to straighten teeth. The main differencehowever is that if a tooths position is corrected for some time itwill remain in the new position.

The Cornea (front window of the eye) ishighly elastic, and always returns to its original shape. This is whyretainer lenses are worn several times per week during sleep tomaintain the moulding effect once the correct corneal shape has beenachieved.

At the Centre for Myopia Research, partof The Hong Kong Polytechnic University's School of Optometry, theyhave recently concluded their study to proving that Orthokeratologyhas both a corrective and preventive control with myopia in children.The 5-year study indicated that Orthokeratology can suppress axiallength elongation in childhood myopia far better then regular contactlenses or spectacles.1

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