Presbyopia and its Management with Contact Lenses

Useful References and Further Reading

General

Dave T. Understanding multifocals and getting them to work. *Optician* 2015;249:6505 12-17.

CLICK HERE
*Design principles and material considerations behind advances in soft multifocals*

Charman N. Developments in correction of presbyopia1: spectacle and contact lenses *Ophthl Physiol Opt* 2014;34:8-29.

CLICK HERE
*A comprehensive review of the basis and relative merits of spectacle and CL correction*


CLICK HERE
*A practical guide to patient selection and fitting approaches for presbyopic correction*


CLICK HERE
*The ageing effects on the eye and their impact on visual performance*


CLICK HERE
*Uncorrected presbyopia is a major cause of avoidable vision impairment worldwide*

Methods of Correction


CLICK HERE
*Technical features and clinical performance of a soft multifocal optimised for pupil size*


CLICK HERE
*Simple steps can help build confidence and achieve success with soft multifocals*
Better balance of real-world vision due to minimal binocular disruption with multifocals

Monovision correction for presbyopes has limitations with respect to binocular vision

Rajagopalan AS, Bennett ES and Lakshminarayanan V. Visual performance of subjects wearing presbyopic contact lenses. Optom Vis Sci 2006;83:8 611-615. CLICK HERE
Binocular high contrast VA and stereopsis are lower with monovision than multifocals

Material Properties

Daily disposable lenses show minimal rates of adverse events including CIEs

Lysozyme deposits on contact lens materials may provide beneficial effects

Osborn Lorenz K. Friction a factor in contact lens comfort. Advanced Ocular Care 2014;January/February:53-54. CLICK HERE
Reviews studies that measure and compare contact lens coefficient of friction

Evans K and Pult H. How important are surface properties for successful contact lens wear. Optician 2012;243:6350 14-18. CLICK HERE
Select a lens with low frictional surface properties to relieve discomfort symptoms

Sulley A. What’s the best contact lens for my patient? Optician 2011;241: 6292 30-34. CLICK HERE
Consider properties other than oxygen when choosing a silicone hydrogel lens
Communication

Ewbank A. Age: the final taboo? THE VISION CARE INSTITUTE® 2011. CLICK HERE
Communication is the key to getting more presbyopes to wear contact lenses

Common factors that can activate a reward or threat response in social situations

Practitioner recommendation carries more weight than price in purchasing decisions

Tailoring information to the individual can help meet the needs of presbyopic patients

Chalmers R and Begley C. Use your ears not your eyes to identify CL-related dryness. Optician 2005;229:6000 25-31. CLICK HERE
Use simple screening questions to elicit contact lens-related dryness in your patients

Presbyopia has negative effects on vision-targeted health-related quality of life

Patients want jargon-free, concisely written, clearly presented and personal information
Tear Stability & Ocular Adnexa Workshop

**Slit Lamp Techniques**, THE VISION CARE INSTITUTE®.  
**[CLICK HERE]**  
Series of 18 short videos on slit lamp techniques and assessments

**Educational Moments® on Clinical Topics**, THE VISION CARE INSTITUTE®.  
**[CLICK HERE]**  
Series of short refreshers on clinical signs in contact lens wear

**[CLICK HERE]**  
Higher tear film evaporation for the over 45 compared to younger people, and women

**[CLICK HERE]**  
Changes in the tear lipid layer with age produces less protection from evaporation

**[CLICK HERE]**  
A practical guide to the structure of the tear film, and assessing tear quantity and quality

**[CLICK HERE]**  
Higher order aberrations and ocular dryness decreased with PVP-embedded lens

**[CLICK HERE]**  
Incidence of dry eye increases with age and is more common in women

**[CLICK HERE]**  
Dry eye affects many women in their 40s and 50s as well as older age groups

**[CLICK HERE]**  
Tear stability is lower in the aged eye regardless of gender

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Pupil Size & Visual Quality Workshop


**CLICK HERE**

*Visual performance better under binocular conditions, especially in low light levels*


**CLICK HERE**

*Age and magnitude of refractive error most determinative factors in mesopic pupil size.*

Voke J. Understanding the Basics of Ocular Aberrations *Optometry Today* 2010; February 12:24 -32.

**CLICK HERE**

*Implications and importance of aberrations for the eye care practitioner*


**CLICK HERE**

*Contrast sensitivity superior to visual acuity in reflecting quality of vision*


**CLICK HERE**

*Higher order aberrations may influence accommodative demand*


**CLICK HERE**

*Pupil size plays an important role in defining retinal image quality*


**CLICK HERE**

*LASIK increases higher-order aberrations, compromising contrast sensitivity function.*


**CLICK HERE**

*Higher order aberrations in myopic eyes are influenced by pupil size*
**CLICK HERE**  
Examines factors limiting potential gains offered by ideal optical corrections

**CLICK HERE**  
Contrast sensitivity decreases with age, especially towards higher spatial frequencies

**CLICK HERE**  
Review of the principles of best form lenses

**CLICK HERE**  
Comprehensive historical review on pupil size

### Ocular Dominance & Assessment

Laby DM and Kirschen DG. Thoughts on ocular dominance – is it actually a preference. *Eye & Contact Lens* 2011;37:3 140-144.  
**CLICK HERE**  
Use tests that allow for binocular vision when determining ocular preference

**CLICK HERE**  
Mean working distances for text messages and internet viewing are 36cm and 32cm

**CLICK HERE**  
Successful monovision wearers suppress blur at higher contrast levels