Driven by Data, Defined by Outcomes: Elevating Patient Care with NaturalVue®

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By Sonia Valle, OD



Our practice was founded 45 years ago by Dr. Stuart Krieger and Dr. Stuart Podell as a vision therapy-only clinic. Over the decades, our clinical scope gradually transitioned into a comprehensive primary care practice, yet vision therapy and binocular vision have always remained the core values of our office.

I joined the practice 30 years ago, dedicated to expanding our vision therapy services and establishing specialized head trauma rehabilitation. Today, we have evolved into a four-optometrist, all-female practice committed to providing optimal care to our community. Having a strong foundation in functional vision has allowed us to look at patient care holistically, especially when addressing progressive refractive conditions across different life stages.



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A Deeply Personal Mission in Myopia Management

My passion for managing progressive myopia stems directly from my own lived experience. I am a -6.00D myope, and remarkably, no one else in my family wears glasses. Living with high myopia has taught me firsthand how much of a disability severe nearsightedness can be in daily life.

Because of my personal journey, my mission for our office is to prevent all children in our care from becoming highly myopic like me. I have been actively managing myopia since

I first began practicing optometry. In those early years, my intervention strategies focused on prescribing low plus glasses for near tasks, utilizing progressive lenses and guiding patients through visual hygiene activities.

While those foundational methods were helpful, the landscape of optometric technology has advanced dramatically. Over the past five years, our office has actively expanded its myopia management armamentarium to incorporate NaturalVue® Enhanced Multifocal 1 Day contact lenses, orthokeratology, low-dose atropine and Stellest lenses.

Evidence-Based Communication and the PROTECT Trial

When discussing myopia intervention options with parents, randomized controlled trial (RCT) data is helpful. Modern parents are exceptionally diligent; they review research online prior to appointments and search for solid clinical evidence to support recommendations.

Having robust data such as the findings from the PROTECT (**PRO**gressive Myopia **T**reatment **E**valuation for NaturalVue Multifocal **C**ontact Lens **T**rial) randomized controlled trial for NaturalVue® Multifocal 1 Day contact lenses—allows us to build trust and explain clearly why proactive intervention is superior to passive correction. Referencing the PROTECT RCT gives parents confidence in clinical protocol and demonstrates the proven efficacy of NaturalVue Multifocal in slowing myopia progression and axial elongation.

Clinical Advantages: Astigmatism and Modality

In clinical practice, NaturalVue Multifocal has proven to be an exceptional option in myopia management. It is particularly useful for patients who present with astigmatism, as the lens design effectively corrects astigmatism up to 3.00D. This creates a distinct clinical advantage, as NaturalVue Multifocal provides a single modality that can both correct astigmatism and manage myopia simultaneously.

As myopia progresses in pediatric patients, astigmatism may progress alongside it. Because NaturalVue Multifocal can correct up to 3.00D of astigmatism, patient vision remains clear and stable even if their refraction changes slightly over time, keeping young patients happy and compliant.

Furthermore, NaturalVue Multifocal is a daily disposable lens, providing the ocular health and convenience benefits inherent to a one-day modality. Handling is another practical clinical benefit. While many one-day contact lenses are flimsy and difficult for young patients to insert, NaturalVue Multifocal maintains its shape reliably during handling.

Long-Term Case Studies: Pediatric Stability and Adult Presbyopia

The real-world effectiveness of this technology is best illustrated through long-term clinical outcomes across different patient demographics.

Pediatric Myopia Management with Astigmatism: A Seven-Year Track Record

My very first NaturalVue Multifocal patient remains visually stable after seven years of continuous lens wear. When I first evaluated her in 2017, she was a 12-year-old patient with a baseline astigmatism of -1.25 OD, and -1.50 OS.

I offered her the NaturalVue multifocal lens for myopia management and fitted her with -5.25 in the right eye and -6.00 in the left eye. Her baseline visual acuity in the lenses was 20/25+ in each eye individually and 20/20- binocularly.

Over the subsequent seven years, she remained remarkably stable throughout her high school and college years. At her follow-up evaluation, her astigmatism was OD -1.75 and OS -1.75. Her updated contact lens prescription was issued at OD -5.75 and OS -6.00. Today, she is 23 years old, has successfully graduated from college, reports no issues with lens comfort, maintains 2.50D of astigmatism, and enjoys excellent, stable vision.

Adult Presbyopia: Enhancing Visual Clarity

Beyond pediatric myopia management, NaturalVue serves as an invaluable tool for adult presbyopes. In 2017, a 56-year-old patient presented with significant near-vision difficulty while wearing her contact lenses. We initially tried fitting her with Ultra for Presbyopia and Dailies Total1 multifocal lenses, but neither option provided the near visual clarity she desired.

I subsequently fitted her with NaturalVue -4.00 multifocal lenses in each eye, and she has been extremely happy with her vision ever since.

Because NaturalVue is available in both plus and minus power ranges, it represents an outstanding contact lens option for presbyopic hyperopes as well as myopes.

Closing Reflections

Having dedicated three decades to patient care, incorporating versatile contact lens designs into our clinical toolbox has elevated our practice’s ability to serve patients across generations. Whether preventing axial elongation in young myopes/astigmats or

improving functional near vision in demanding presbyopes, utilizing robust clinical data and adaptable modalities ensures our patients receive the highest standard of care.

Dr. Sonia Valle is a 1996 graduate of State University of New York, College of Optometry, where she graduated summa cum laude. Upon completing her education, she did a residency program at the Veterans Affairs Hospital at Northport, New York. She specialized in an intensive program in Binocular Vision, Vision Therapy, Head Trauma and Stroke Related Neuro Optometric Rehabilitation, Low Vision Rehabilitation, and Primary Care Optometry. In addition to vision therapy, Dr. Valle also has significant experience in glaucoma, macular degeneration, Lasik and cataract post-op care and ocular surface disease.
Read more articles about multifocal contact lenses for myopia management ***here***

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Review of MYOPIA MANAGEMENT

- The Myopia Collective Meets in Houston for Change Agent Workshop





- From Patient to Advocate: Why I Founded Clarity Reach
- Combined OrthoK and Alternate-Day Atropine for Rapidly Progressing Myopia







