

# A Firsthand Experience With NaturalVue Multifocal Lenses

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With the eye strain, headache, and fatigue that commonly accompany presbyopia, getting existing and emerging presbyopes into a multifocal contact lens that successfully alleviates these symptoms is essential. Of course, myopes can experience some of these same symptoms. This includes younger children, who may be experiencing more eye strain than ever before due to increased use of screens and technology for both schoolwork and recreation.

In an NIH-funded clinical trial, it was found that children who wear multifocal contact lenses had a slower progression of myopia.<sup>1</sup> The earlier you can help these patients, the better. Patients are looking for long-lasting solutions that will improve their quality of life and require fewer changes as they age.

## Young Patients and Multifocal Contact Lenses

In my own practice, I have found that when you put an emerging presbyope into a multifocal contact lens, it is much easier to keep them in it, as their near vision needs to be strengthened over time. I have also found that young myopic patients—and their parents—are eager to discuss management options that will last.

Talking to parents about the reduction of eye strain and myopia progression is important dialogue. Five years ago, I had a young myopic patient who was really struggling with discomfort from eye strain. He was doing a lot of reading of small print and computer work—and his near

acuity was horrible. He was unable to begin in-office vision therapy at the time. I decided to try NaturalVue Multifocal lenses from VTI, and almost instantly his face relaxed. He could read without squinting, and his near vision went from 20/60 to 20/20 in mere minutes.



**It works on everyone because it is one universal ADD power for a simplified fit.**

Since that time, I have been using these lenses successfully with kids—including usage for various binocular and accommodative issues.

## Relieving Eye Strain

Multifocal contact lenses can be successful in other patient populations as well. I had a patient in his late 20s come in complaining of eye strain from computer use. He didn't need or want to wear spectacles. So, we tried NaturalVue and his relief from discomfort was dramatic. It doesn't matter if the patient is 10 or 50 years old—this lens helps to relax the eyes. It works on everyone because it is one universal ADD power for a simplified fit.

## Fitting a Lens That Patients Will Love

Of course, when working with patients who have already been in multifocals and are not doing well, this universal fitting may require new dialogue. I always explain that there is no low,

medium, or high—as they may have been previously accustomed to with other lenses. Instead, the brain figures out how much power is needed and uses it accordingly. This actually puts a lot of patients at ease knowing that as they get older, they may not require any changes to their lenses.

While the simplicity and lack of change is an incredibly valuable benefit of these lenses, I would urge other practitioners who are considering them to use the fitting guide. I can attest, from personal experience, that I felt I knew how to fit a multifocal and didn't need to refer to the guide. But these lenses fit differently from other multifocals on the market, and if you do not fit the way they were meant to be fit, you won't be successful. If the proper steps are taken for fitting, you can have great success in helping patients find a lens that they love. ●

## REFERENCE:

1. NIH Multifocal contact lenses slow myopia progression in children. 2020. National Institutes of Health. Available at: <https://www.nih.gov/news-events/news-releases/multifocal-contact-lenses-slow-myopia-progression-children#:~:text=Children%20wearing%20multifocal%20contact%20lenses,the%20National%20Institutes%20of%20Health.> Last accessed Sept 8, 2020.

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