

From The Mind Of:

Dr. Brett O'Connor, O.D.

A NaturalVue Multifocal Practitioner Experience



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My Experience Fitting the NaturalVue Multifocal

In our busy practice, we constantly strive to maximize patient satisfaction by offering the newest and most innovative technologies while maintaining a high level of efficiency and reducing excess chair time. Due to its intuitive fitting process and the outstanding feedback I have received from patients, NaturalVue® (etafilcon A) Multifocal 1 Day Contact Lenses have quickly become my lens of choice for multifocal contact lens fits.

One of the aspects I enjoy most about the NaturalVue Multifocal is its single, universal add power. Whereas traditional multifocal designs consist of multiple add designations and often require the practitioner to push plus, perform binocular over-refraction, and consult a unique fitting guide for optimization, the NaturalVue Multifocal can be fit like a single-vision distance lens with a high level of success. Rather than pushing plus, simply selecting the appropriate vertex-corrected distance power has provided outstanding vision at distance and near for most of my patients on the very first lenses.

If a patient requires enhanced vision at distance or near, I perform a basic monocular distance over-refraction and make the corresponding adjustment (remembering not to push plus unless it improves distance acuity). If no over-refraction provides a definite improvement to distance vision, I simply adjust the dominant eye by -0.25 (for distance enhancement) or the non-dominant eye by $+0.25$ (for near enhancement). An additional modification of -0.25 or $+0.25$ can be made to the fellow eye if needed, although I have rarely had to do so. I have found this simplified fitting process to be both intuitive and highly efficient, allowing me to streamline my multifocal fits, reducing chair time and guesswork while delivering outstanding patient satisfaction.

Due to its unique design, the NaturalVue Multifocal has also allowed our practice to establish a growing myopia control sub-clinic. Considering the increasing prevalence of myopia in the United States, we feel this is an extremely important treatment option to be able to offer our patients. Unlike most other multifocal lenses on the market, the NaturalVue Multifocal extended depth of focus design features distance optics in the center of the lens. Whereas glasses and traditional contact lenses yield peripheral hyperopic defocus (which

has been identified as a risk factor for myopia progression), distance-center multifocal lenses counteract this phenomenon with the goal of slowing myopia progression. In my opinion, the combination of the NaturalVue Multifocal's large amount of relative plus power in the periphery and daily disposable modality create an ideal myopia control solution for young patients.

Fitting myopic children in the NaturalVue Multifocal is very similar to fitting a single vision distance lens - as with fitting presbyopes, the first step is always to start with the appropriate vertex-corrected distance power. While some practitioners worry about children being able to adapt to the optics of a multifocal lens, I have not found this to be a significant issue. Most children I fit in the NaturalVue Multifocal notice their vision looks slightly different, but it is important to remember these progressive myopes are generally coming into the office with distance vision in the 20/30 to 20/50 range. Simply updating the child's prescription seems to counteract much of the distance vision push-back some practitioners expect.

In a short period of time, the NaturalVue Multifocal has allowed our practice to optimize multifocal contact lens fittings in a way which maximizes patient satisfaction and enhances our efficiency. At the same time, it has enabled us to offer a unique treatment modality to young myopes which differentiates us from other practices in our area. This, combined with the outstanding support I've received from the crew at VTI Vision, have made the NaturalVue Multifocal my go-to lens for symptomatic presbyopes and progressive myopes.

Note: NaturalVue (etafilcon A) Multifocal Daily Disposable Soft (Hydrophilic) Contact Lenses are indicated for daily wear for the correction of refractive ametropia (myopia and hyperopia) and/or presbyopia in aphakic and/or non-aphakic persons with non-diseased eyes in powers from -20.00 to +20.00 diopters and with non-diseased eyes who may require a reading addition of up to +3.00D. The lenses may be worn by persons who exhibit astigmatism of 2.00 diopters or less that does not interfere with visual acuity.

Dr. Brett O'Connor attended Southern College of Optometry in Memphis, TN and is a member of the American Optometric Association and the Florida Optometric Association. His clinical interests include primary care optometry, fitting contact lenses, and treatment of ocular diseases. Dr. O'Conner is in private practice at Pullen Eye Care in Jacksonville, FL.
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