

“Warm Weather Facts and Your Contacts”

“With summer fun just upon us, we thought you would be interested in some important information about contact lenses and your eyes.” Dr. Joel Casey



Kelowna Laser Vision inc. July 2009

When evaluating laser vision correction as an alternative to contact lenses, one should consider several aspects.

The quality of vision that can be achieved with laser correction may be better than with contact lenses, especially for people with astigmatism. Contact lens wearers commonly complain of fluctuations in vision due to rotation and movement of toric contact lenses. At best, the variable vision can be annoying, and it may even make contact lens wear impossible for some people with astigmatism. Low amounts of astigmatism are often not corrected with contact lenses due to the decreased comfort and increased costs of toric contacts. **Laser vision correction is designed to treat even the smallest amounts of astigmatism.** Most pa-



tients benefit from increased comfort as well as improved vision after laser vision correction.

Many people may not realize that the risk of infection from extended wear contact lenses may be higher than with LASIK. At a recent conference, surgeon Minas T. Coroneo, MD said that he would recommend refractive surgery for all chronic contact lens wearers. Citing a study by Mather et al. in Archives of Ophthalmology he stated that the incidence of bacterial keratitis resulting in significant vision loss from contact lens wear was one in 2000 patients compared to LASIK at one in 10,000 patients. Over a person's lifetime, this 5 fold increase in risk of infection seems to indicate that laser vision correction may be the safer alternative.

Many people are aware of the higher risk of infection when wearing contact lenses in hot tubs, however few are aware

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of the increased risk to swimmers when wearing contact lenses in local lakes. Every summer there are more frequent reports of infection due to acanthamoeba in the Okanagan. Laser vision correction is worthy of consideration if you wear contacts and lead an active lifestyle that involves being around water. Comfort of contact lenses can also be an issue. “Many of our patients seek us out because of poor comfort, red eyes, and decreased wear time caused by their contact lenses drying out,” states Dr. Joel Casey. The inconvenience of inserting and removing contact lenses and the hassle of traveling with them are also among common reasons that people consider surgery. In addition to all of the above issues associated with contact lens wear, the lifetime costs of contacts and solutions makes the benefits of laser vision correction that much more appealing. Click [here](#) to book a complimentary consultation with Dr. Casey.

The inside scoop!

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