

News Release



Gambino Eye Associates Offers Revolutionary Method of Vision Correction While the Patient Sleeps

A safe, revolutionary method of vision correction **while the patient sleeps**, involving reshaping the cornea without surgery is now available in the Dallas-Forth Worth area through Michel J. Gambino, O.D., Doctor of Optometry, Gambino Eye Associates, Addison, Texas. The technical name for the method is modern orthokeratology, which utilizes custom-designed gas permeable contact lenses worn only at night to change the shape of the cornea. The lenses are removed in the morning and clear vision is retained all day without glasses or contacts. Orthokeratology is safe and effective for both children and adults.

For growing children whose vision is becoming worse each year, modern orthokeratology actually eliminates nearsightedness and prevents it from worsening. It is particularly attractive to adolescents, teens, and adults with active lifestyles, those who participate in sports such as swimming, or who are exposed to dust, dirt, or pollens that can cause problems for wearers of regular contact lenses.

In June 2002, the Food and Drug Administration (FDA) first granted approval to a type of overnight corneal reshaping and since that time, more approvals have followed. In June 2004, several additional designs were approved, and in 2005, Bausch & Lomb introduced its Vision Shaping Treatment™ (VST) program using the Boston name. This is the system used by Dr. Michel Gambino at Gambino Eye Associates (www.seebetterdallas.com).

The FDA has approved the treatment for people of any age with up to five diopters of nearsightedness (-5.00 on your prescription). Astigmatism on the cornea up to -1.50 can also be treated. In the clinical study for FDA approval of one Vision Shaping Treatment™ design, about 95% achieved vision correction of 20/40 or better and 73% achieved 20/20 or better. Patients were followed over at least a 9-month period.

**Gambino Eye Associates, Inc. • Michel J. Gambino, O.D. • Doctor of Optometry
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Contact lens manufacturers have trademarked this process under various names. Dr. Gambino has been certified by Bausch & Lomb to utilize its Vision Shaping Treatment™ (VST) process for overnight corneal reshaping using its Boston lens material. The rigid, gas-permeable material used for the lenses are more comfortable, wettable, and more permeable to oxygen than ever before.

Patients seeking a safe alternative to LASIK vision correction surgery, or those who have worn 30-day continuous wear soft contacts who wish they didn't have to wear contacts throughout the day, may be candidates for this revolutionary alternative. Dr. Gambino notes, "One of many benefits of Vision Shaping Treatment™ over LASIK is that Vision Shaping Treatment™ is reversible. You have not surgically changed the surface of the cornea and if the lenses are no longer worn, your vision will return to the way it was before you used VST."

Prospective patients must first have their current vision prescription evaluated to determine if he or she is a good candidate for the Vision Shaping treatment (VST) process. Next, a corneal mapping procedure is scheduled. The curvatures of the cornea are mapped using a computerized instrument called a corneal topographer. The painless procedure takes only a minute and produces a map of the eye's surface. From the information gathered on the corneal map, custom lenses are created utilizing computer-assisted design (CAD) on a computer-operated lathe.

After the lenses have been created, the patient is scheduled for a visit to try them out. Sometimes, more than one lens is required to obtain the optimal vision result. Dr. Gambino's patients initially wear the lenses 24 hours a day during an adjustment period of several days, and come into the office for vision checks before beginning to wear them only during nighttime hours while they sleep.

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Follow-up corneal mapping enables Dr Gambino to ensure the cornea is being reshaped so that optimal vision is achieved during daytime hours. Then, patients can retain their vision correction by wearing the lenses only at night; eventually, for some, every second or third night. If the patient doesn't wear the lenses for several nights, he or she will start to see a change in their vision and will need to wear the lenses again to regain their vision correction.

The orthokeratology procedure was first used experimentally more than 40 years ago using a series of hard contact lenses to flatten the cornea over a period of months or years. In 1973, soft contact lenses first appeared. Later in the decade, gas permeable hard contacts were introduced—now used for the corneal shaping treatment. A resurgence of the Ortho-K method came about in the mid-1990's with the advent of corneal topography. From the corneal map, custom-designed contact lenses could be created which allowed the surface of the cornea to be reshaped in a controlled way.

Prior to FDA approval for overnight use, many eye doctors in the U.S., including Dr. Gambino, used their discretion in successfully using approved lenses for the Ortho-K procedure. Patients who have used the lenses for corneal reshaping for 10-12 years are still in contact with Dr. Gambino and have shared their long-term success with this method of vision correction.

While Dr. Gambino successfully treated hundreds of patients using the procedure during this time period, he notes the treatment wasn't fully embraced by the medical community in the United States until FDA approval of both the lens material and the orthokeratology process of using corneal mapping and custom lathes for creating the lenses was received in 2004. Eye doctors in countries outside the U.S. have utilized the Ortho-K procedure for many years due to differences in regulatory controls and bodies. **Dr. Gambino has completed Bausch & Lomb's Interactive Educational Program and is certified as an orthokeratology practitioner. Free consultations may be scheduled by calling 972-386-9646.**

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