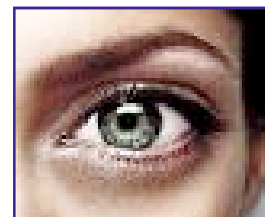


# Is Vision Shaping Treatment™ (VST) Right for You?



*Correct your vision while you sleep!*

*Does this sound like an impossible dream?*

## Questions and Answers

For years, eye doctors like Dr. Mike Gambino have known that rigid contact lenses change the shape of the cornea while they are being worn...

The cornea, the clear window on the front of the eye, does about 70% of the focusing for the eye. That is why only slight changes in the shape of the cornea can have a major impact on correcting a person's vision error, especially nearsightedness and some astigmatism.

This is not a new discovery. It's just that until recently, eye doctors had no way to control this phenomenon. Now, with 21st century technology, it is possible to reshape the cornea in a controlled way and eliminate most nearsightedness and some astigmatism. This allows patients to see clearly during all waking hours without eyeglasses or contact lenses. In fact, the effect the contact lens creates on the cornea is very similar to LASIK without the risks of surgery. Finally, the dream has come true.

The technical name for this method of reshaping the cornea of the eye without surgery, using special computer-assisted designed (CAD) contact lenses, is orthokeratology, also called Ortho-K or corneal shaping.

Contact lens manufacturers have trademarked this process under various names. Because the system used by Dr. Michel Gambino is **Vision Shaping Treatment™** by Bausch & Lomb, the terms **orthokeratology**, **Ortho-K**, and **Vision Shaping Treatment™** (VST) have been used interchangeably throughout these questions and answers.

**Q: How long has this method of improving vision been around?**

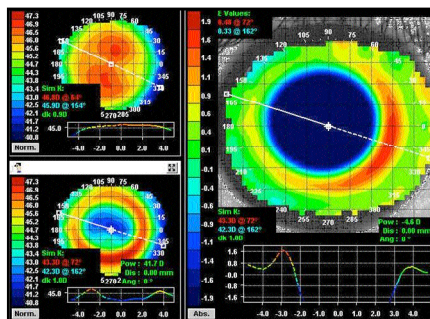
**A:** The orthokeratology procedure was first used experimentally more than 40 years ago using a series of hard contact lenses to flatten the cornea over a period of months or years. In 1973, soft contact lenses first appeared. Later in the decade, gas permeable hard contacts were introduced—now used 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, a computerized instrument used to provide a map of the cornea. 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. 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 was received. (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.)

In 2004, the Food & Drug Administration (FDA) approved both the lens material and the orthokeratology process of using corneal topography for mapping the surface of the cornea and custom lathes for creation of the lenses themselves.

**Q.: What does the Vision Shaping Treatment™ (VST) process involve?**

**A.:** Once Dr. Gambino evaluates your current vision prescription and determines you are a good candidate for the Vision Shaping treatment (VST) process, you will be scheduled for a corneal mapping procedure. 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 your eye's surface.



*The first part of the Vision Shaping Treatment process is mapping the cornea on a computerized instrument called a corneal topographer. Gas permeable contact lenses are then created from the information gathered on the corneal map, utilizing a computer-operated lathe.*

From the information gathered on the corneal map, custom-fit lenses are created on a computer-operated lathe. The rigid, gas-permeable material used for the lenses are more comfortable, wettable, and more permeable to oxygen than ever before.

After the lenses have been created, you will be 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.

To eliminate any discomfort during the initial adjustment period, Dr. Gambino may prescribe a numbing drop, which allows patients to insert and remove the lenses painlessly. However, some of the comfort issues experienced with daytime wear of gas-permeable contacts (blinking, lens awareness, etc.) do not occur with nighttime wear since eyes are closed during sleep and there is no eyelid interaction.

Follow-up corneal mapping enables Dr. Gambino to ensure the cornea is reshaped so that optimal vision is achieved during daytime hours. Then, patients can retain their vision correction by wearing the lenses at night; eventually, 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.

**Q. Will my vision be corrected to 20/20?**

**A.:** In the clinical study for FDA approval of one Vision Shaping Treatment™ design, about 95% achieved 20/40 or better and 73% achieved 20/20 or better. The study followed patients over at least a nine month period.

**Q: Is VST safe and effective for both children and adults?**

**A.:** Yes, The principle of reshaping or flattening the cornea to correct most nearsightedness and certain types of astigmatism is safe and effective for both children and adults. For growing children whose vision is becoming worse each year, the VST treatment actually stops near-sightedness from worsening.

And, wearing contacts only at night means the lenses will only be worn around eight hours per day, versus 12-16 hours a day for daily contacts, or 24 hours a day for continuous wear contacts.

**Q.: Who is a good candidate for Vision Shaping Treatment™ (VST)?**

**A.:** 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.

It is particularly attractive to adolescents, teens, and adults with active lifestyles, who participate in sports, or who are exposed to dust, dirt, or pollens that can cause problems for wearers of regular contact lenses.

“My lenses are a lot less hassle than normal contacts, and I like not having to wear them in the daytime.” *Jonathan E. Tanner, 18 (Four years successful vision correction with Vision Shaping Treatment™)*

“My daughter didn’t like wearing glasses for school or playing soccer. VST has corrected her vision to 20/20, and her smile and confidence have come back.” *Oralia Mikame, mother of Rose, age 9. (Obtained her lenses in 2006.)*

**Q.: Is VST approved by the FDA? Is Dr. Gambino certified to use VST?**

**A:** Yes, 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. In addition, Dr. Gambino has completed Bausch & Lomb’s Interactive Educational Program and is certified as an orthokeratology practitioner.

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.

**Q.” What are the benefits of Vision Shaping Treatment™ (VST) versus LASIK surgery?**

**A.:** One of many benefits of VST 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. Cost is another factor. VST costs less than the amount charged by most LASIK surgical centers, and depends on your prescription. You will be provided a

detailed estimate during your evaluation. Fees cover Dr. Gambino’s time and expertise, all testing, corneal mapping, the actual shaping lenses, and follow-up office visits.

Patients who have dry eyes also prefer VST over LASIK, as the condition is sometimes worsened following LASIK surgery. While there are no blood vessels with the cornea, tiny surrounding nerves are sometimes disturbed or cut during LASIK which can interfere with tear production, causing dry eyes.

**Q.: Vision Shaping Treatment may be right for me. How can I find out?**

**A:** To arrange a **free** consultation appointment with Dr. Michel Gambino, call **972-366-9646**. The office of Gambino Eye Associates, Inc. is located at Sam’s Club, 4150 Belt Line Rd., Addison, Texas.

Hours are Monday, 10-6; Tuesday, 11-7; Wednesday, 10-6; Thursday, 11-7; Friday, 10-5; Saturday, 10-4:30; Closed on Sunday.

