



## Family Vision Care FAQ—Options for Vision Correction

### 1. I need a prescription to see. What options do I have?

*Many people think that they are limited to eyeglasses in order to correct their vision. However, contact lenses, which most people can wear, provide a great alternative. LASIK provides a surgical correction for your vision. We co-manage care with excellent surgeons. A new option that we are excited to offer to our patients is Overnight Corneal Reshaping (OCR), also known as Orthokeratology (Ortho-K).*

### 2. What is Overnight Corneal Reshaping (OCR)?

*Overnight Corneal Reshaping is a non-surgical, reversible method that gives you the freedom to see clearly all day without wearing eyeglasses or contact lenses. You are fit with specially designed vision retainers that gently and gradually reshape the front surface of the eye (the cornea) to eliminate or reduce nearsightedness (myopia) and/or astigmatism. The principle is similar to the use of a dental retainer used by an orthodontist to realign crooked teeth. The vision retainers are similar to contact lenses and are only worn at night while sleeping. They are then removed upon awakening to provide clear vision without using glasses or contact lenses! The retainers are comfortable and lens care is very easy. OCR is for both children and adults.*

*See our OCR information sheet for more, or just ask us for more information or to schedule a free consultation.*

### 3. Can I wear contact lenses?

*Most people can be successful contact lens wearers. There are contact lenses for people who are nearsighted (myopic), or farsighted (hyperopic). There are contact lenses for people who have astigmatism, and even for people who need bifocals. We are always evaluating the newest contact lens designs and materials, so we can provide you with contact lenses that give you clear vision, while being comfortable and maintaining healthy eyes.*

### 4. What's new in eyeglasses?

*Our frames and lenses are high quality, and we stand behind everything we sell. Our no-line bifocals (progressive lenses) provide clear vision at all distances. High-index, thin lenses are available for higher prescriptions. Our Transitions lenses are the latest generation. Everybody can benefit from anti-glare lenses. We offer premium anti-glare lenses that are scratch-resistant and easier to keep clean than some older lenses.*