

## CONTACT LENSES

*Leshchenko I. A., Podluzhnaya N. A.***Patient satisfaction study of Acuvue Oasys with Hydraclear Plus contact lenses** 3

In a one-month independent randomized daily-wear study, 99 subjects using lenses representative of the Russia market used one week's bilateral wear with Acuvue Oasys with Hydraclear Plus. The age range is from 18 to 39 years and distance corrections from -0.75 to -6.00 D. The patients passed the online survey twice: after 2-weeks and 1-month wearing. Online survey was included on aspects of comfort, vision, handling daily and comfortable wearing times.

**Keywords:** comfort, contact lenses, convenience, online survey, quality of vision

*Papas E.***Staining Wars, Or...How we came to understand SICS and love PHMB** 12

In the late 2000s, contact correction specialists were alarmed by the growing number of reports that certain combinations of multifunctional solutions and contact lenses could lead to serious staining of the cornea. It took almost 20 years to figure out the true causes of this phenomenon.

**Keywords:** contact lens, corneal staining, PHMB, cornea

*Bakaraju R., Sha J.***Contact lenses for presbyopia – where are we now?** 17

This article explores trends in contact lens correction for presbyopia and the options available for practitioners when fitting.

**Keywords:** ghost images, presbyopia, soft contact lenses, vision acuity

## SPECTACLES AND OPHTHALMIC LENSES

*Cox J.***Evidence-based dispensing of progressive addition lenses** 25

This article considers the factors that need to be considered when dispensing progressive addition lenses to patients, taking into account lens design and lifestyle requirements.

**Keywords:** free form design, hard design, progressive addition lenses, soft design

*Bulgakova O. S.***Modern multifocal lenses from Essilor for every lifestyle** 32

In our digital age, the load on the human eye is very high. A person facing presbyopia suddenly realizes that it is not as easy to see well at all distances as it used to be. Essilor offers a wide range of progressive lenses that will help any presbyope to solve vision problems.

**Keywords:** accommodation, active lifestyle, multifocus lenses, presbyopia

## POINT OF VIEW

*Yeung K. K., Davis R.***The environmental impact of contact lens waste** 35

The article considers the problem of the release of plastic into the environment, its detrimental effect on living organisms. The measures taken by countries and industrial companies to reduce the burden on the environment are considered.

**Keywords:** contact lens, environment, recycling materials, plastic hazard

## NEW O.D.

*Bartlett H., Christie C.***Nutrition and the tear film** 41

Dr. Hannah Bartlett presents a review of the literature regarding the influence of nutrition upon the tears. Caroline Christie offers some general advice on the use of nutritional supplements and presents a table of currently available products.

**Keywords:** dry eye, study, tear break up time, tear fluid