

SPECTACLES AND OPHTHALMIC LENSES

*Shcherbakova O. A.***UV protection in clear lenses****3**

Today, we all recognize the need to protect the eyes of adults and children from the harmful effects of UV radiation. Eyecare professionals should recommend to customers ophthalmic lenses with the highest level of protection. How complete is UV protection in clear lenses, and where should the UV cut-off line be?

Keywords: clear lenses, ophthalmic lenses, UV radiation

CONTACT LENSES

*Lai N.***Take a turn with soft toric lenses for astigmatism****12**

It's time for practitioners to stop telling patients that they can't wear contact lenses because of astigmatism. This article will focus on the fitting and management of soft contact lenses for astigmatism.

Keywords: astigmatism, contact lens rotation, soft toric contact lenses, stabilization methods

*Dunwoody S. M.***What's the solution?****19**

This article reviews multipurpose soft contact lens solutions and their importance when fitting reusable contact lenses.

Keywords: biocidal efficiency, contact lens care, contact lens solution, multipurpose solution

RESEARCH

*Vlasak N., Dobisch E.***Digital eye strain – recognising the symptoms****25**

Dr. Natalia Vlasak and Elke Dobisch have undertaken research into the nature of digital eye strain and public perception of the condition. As the results show, there is little public awareness of the problem and this offers a huge opportunity for the eye care practitioner to raise awareness and to spot the symptoms if they occur in their patients.

Keywords: digital eye strain, digital vision syndrome, electronic gadgets

POINT OF VIEW

*Turgel V. A., Novikov C. A.***Vergent-accommodative conflict in virtual reality helmets****34**

The spreading of multimedia technology in the shape of head-mounted displays (HMD) for immersion in VR has contributed to its introduction in various areas of medicine. Despite its numerous advantages, the technology has significant limitations, the most important of which, vergence-accommodation conflict (VAC). This review reveals the essence of the VAC problem and describes some ways to solve this HMD problem, which are likely to be implemented in the next generation of HMD.

Keywords: head-mounted displays, varifocal lenses, vergence-accommodation conflict, virtual reality

IN PRACTICE

*Shevich I. A.***Can an adult patient tolerate the difference in refraction between the eyes by five diopters?****43**

The article provides an example of a complex correction of the patient's vision with the consequences of tree keratitis on the cornea, with a difference in eye refractions of 5.0 diopters and with irregular astigmatism up to 9.0 diopters.