

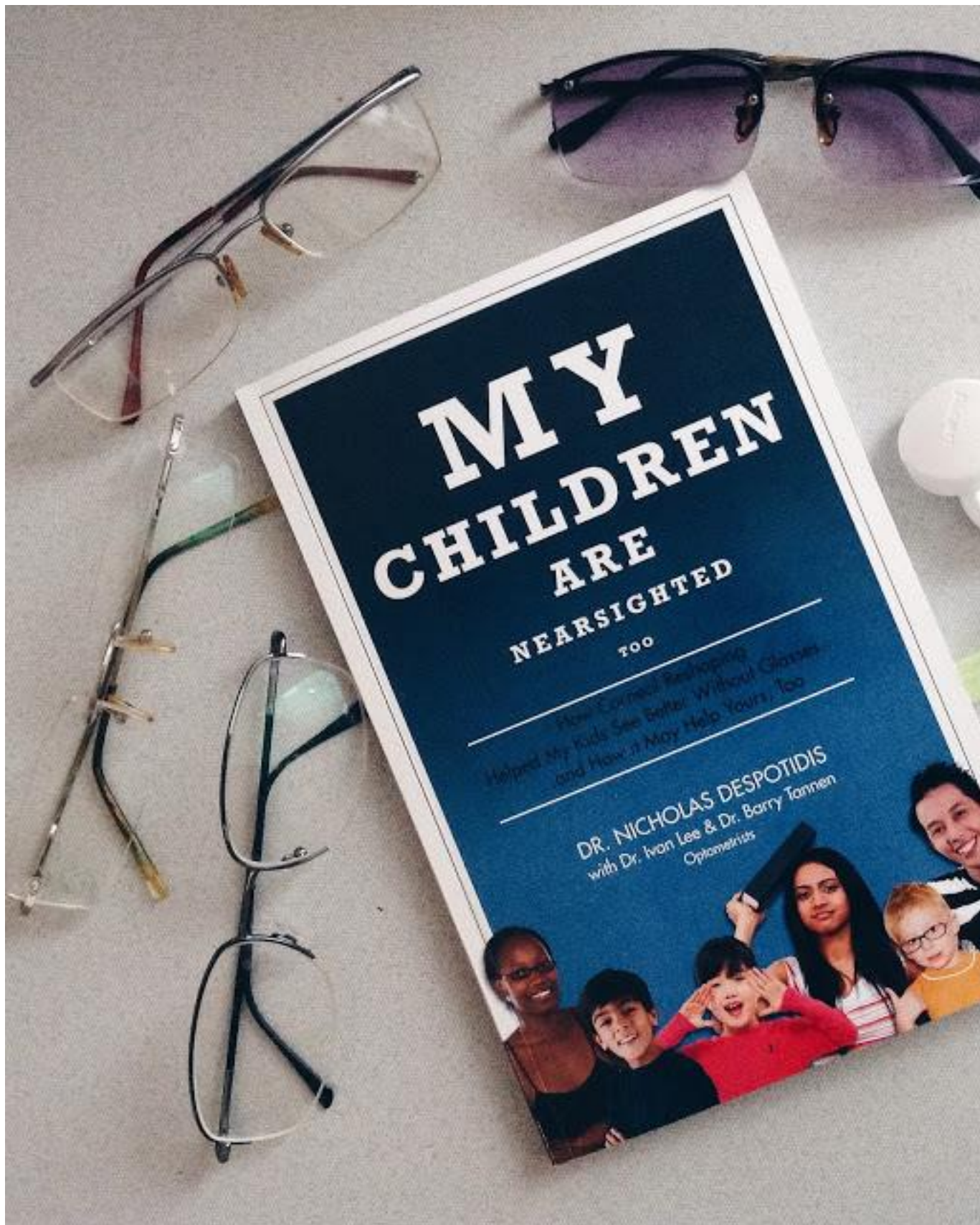
Hello! How is it going guys?

I'm pretty bad at timing and posting stuff regularly. That's my biggest problem I guess.

So lately I've been searching through all the stuff I could write about. I've asked several friends the question "What would be interesting for you to read?". But we still couldn't come up with an idea.

And not that long ago my ophthalmologist gave me a book me to read

"My children are nearsighted too" by Dr. Nicholas Despotidis with Dr. Ivan Lee & Barry Tannen.



So I came up with an idea of talking about myopia or near-sightedness and how do I deal

with this disease.

Probably this is also the point where I should explain what nearsightedness actually is. Myopia or nearsightedness is a condition of the eye where the light that comes in does not directly focus on the retina but in front of it, causing the image that one sees when looking at a distant object to be out of focus, but in focus when looking at a close object. In fact the world which surrounds you is always blurry when you look in a distance.

So you see a lot of my friends are nearsighted due to different circumstances. I became nearsighted after the chickenpox. I guess I had some kind of post complications.

Still remember that day when I came back to school and didn't see anything on the blackboard. That was so scary for me that I began to cry immediately during the Math test. Just imagine the reaction of a small kid at the ~4 form (I don't remember for sure).

After that I've asked my mother to go to an eye doctor to check my vision. We went to the Institute of Eye Microsurgery which was one of the best during USSR times in Kiev. There they prescribed me eyeglasses and some kind of

hardware treatment (don't know how is it called for sure). So this hardware treatment works generally like that: you sit next to this device and you have to look straight at one red point for 15 minutes. Don't think it really helped me, because my vision was getting worse and worse. Eye glasses didn't help me at all, in fact I think because of them my vision was getting worse rapidly.

At some point I told my mother that we need to do something else, cause I couldn't see almost anything. The fun fact was that I recognized my friends by the colors of their T-Shirts when they were far away from me.

And I was always annoyed by people who asked me

"Do you see me?", "Of course I see you. I'm not blind".

I want to add few paintings by *Phillip Barlow*. He has his own unique style by showing in his paintings the world by the eyes of nearsighted people.







Now you know how we see this world.
Beautiful and sad at the same moment.

My mum made a great research and found a
clinic [Ailas](#)
here in Kiev which works with the latest
technology related to eye health.
There we were told about this new technology
called *Corneal Reshaping* or *Corneal
Refractive therapy*. By the way, the book I've

mentioned earlier is dedicated to this therapy.

The first question I always get is:
"What is Corneal Refractive Therapy(CRT) and how does it work?"

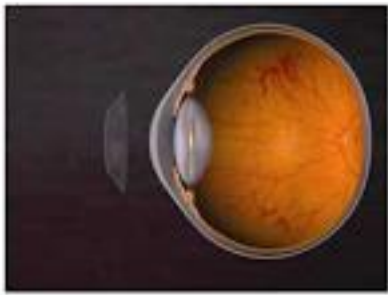
I'll use this book to explain you better.
Ok, so corneal reshaping technology uses a carefully designed rigid oxygen permeable contact lens that gently changes the shape of the front of the eye, called the cornea, while you sleep. The lenses are uniquely designed for every child and they are often different between one eye and the other.

Interesting, yeah?

You've read it right. You have to wear these lenses during the sleeping time at night and in the morning you take them off and VOILA!
"But how does it improve nearsightedness?"

When a person is nearsighted, it is because the eye is too long. This cause the image focus in

front of the retina instead of on the retina.
Corneal reshaping lenses flatten the front part of the eye and allow the image to focus further back onto the retina.



1. Before CRT Lens is applied



2. CRT Lens applied to cornea



3. Cornea changes shape to match CRT Lens

That's a great thing since the retina that is responsible for receiving the images, converting them onto electrical impulses and then sending them to the brain where they are "seen".

A child will apply these contact lenses in the evening before bedtime. As the child sleeps, the lenses correctly mold the cornea to the shape needed to properly focus light on the retina. And when he or she wakes up, they just remove the lenses and have a great vision during the day time.

Impressive, huh?

I've been using this technology for about 6 or 7

years now and I must say that it is really
incredible!

You apply lenses every night (for not less than 6-8 hours of sleeping) and remove them in the morning. As the result you have a perfect vision without any eye glasses.

What is also great about these lenses is that they allow your eyes to breath during the day, unlike the usual day time contact lenses with cover your eyes and in fact your eye doesn't get to "breath" properly during the day and while sleeping.

"How long can I use this therapy?"

There are no age restrictions. Usually CRT is used for children starting from the age of 5 years and it's mostly popular between teenagers. A lot of them continue using this lenses when they already become adults. There are people over 60 years old who you CR-lenses.

I can assure you that it is not any less convenient than brushing our teeth. And I'm very lucky I met my doctor, cause thanks to her my myopia stopped progressing and she literally saved my vision.

If any of you guys are reading this now and probably got interested, here are some useful links which may help you during research about this therapy:

www.Bausch.com

www.Orto-k.net

www.ParagonCRT.com

And for people from Eastern Europe and Ukraine:

<http://www.crt.club>

<http://www.ailas.com.ua>



I hope you found it interesting for you to read and found some useful information for yourself or your relatives.

P.S. Thanks to Dr. Nicholas Despotidis for writing this book. I'm sure a lot of people who read it will find it very useful.

I also would like to say great thanks to my doctor ophthalmologist who literally saved my

vision and is both an angel and a great source of inspiration to me, Oxana. Thank you very much! I don't even know what would have happened to me without your help. Thank you for always being there for me. <3