

# Sleep Your Way To Better Vision



"I love ortho-k! I thought that sleeping in contact lenses would be a bit weird - but I don't even notice them. I LOVE not wearing contacts during the day and being able to see. I was considering surgery - but it made me a bit nervous. With ortho-k I have the benefits of perfect vision and none of the hassle of surgery."

- Julie, Patient

- ✓ No Daytime Contacts
- ✓ No Glasses
- ✓ No Surgery

## What is Ortho-K?

Orthokeratology, or ortho-k for short, is a medical treatment using corneal molds to gently reshape the cornea in order to reduce myopia. This treatment is also known as overnight vision correction., vision shaping treatment, or corneal reshaping therapy.

**Is it Safe?** There are no known adverse events have been reported to the FDA.

**Is it Preventative?** Corneal reshaping has been shown to inhibit or slow the progression of myopia when compared to children who wear glasses

**Is it Effective?** Most nearsighted (myopic) individuals with healthy eyes can benefit from this therapy, from children as young as 7 years old, to adults in their 70's.

**Is it covered by my Insurance?** It is not currently covered by insurance. But to our patients who have chosen ortho-K, the cost was worth the outcome.



You deserve to **See**  
**Life** beautifully!

[www.seelifevision.com](http://www.seelifevision.com)

## Ortho-K: The Nighttime Contact Lens

*Life without daytime contacts or glasses*



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# FINALLY

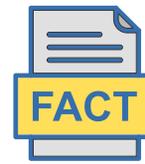
*An alternative to glasses and daytime contact lenses*

Introducing the therapeutic corneal mold. Ortho-K lenses are FDA approved, custom-made lenses designed to gently reshape the cornea overnight. You simply wear the Ortho-K molds while you sleep, and take them out in the morning.



Don't let traditional glasses or contact lenses hinder you from experiencing life to the fullest. Whether you or someone you care for is involved in sports, outdoor activities, or water sports - Ortho-K is perfect for the active lifestyles of kids, teens, and adults.

## Ortho-K Fact Check



**Parents Love Ortho-K** - Corneal molds give you control over your child's future vision by offering the chance to slow, and possibly prevent, the progression of myopia in pre-teen or teenage eyes.

**How Ortho-K Works** - Corneal molds are custom designed to gently reshape the first few microns of the cornea while you sleep. Once the lenses are removed in the morning, the slight change in curvature of the corneal surface results in a clear vision during the waking hours, reducing the dependence on daytime contact lenses or glasses.

**Ortho-K and Myopia** - Myopia, also known as nearsightedness, is a condition where near vision is clear, but distant vision is blurry. This condition is often diagnosed at an early age, and progressively worsens until late adolescence.

## Do You Have Dry Eye or Allergies?

Because Ortho-K molds are only worn while sleeping, they are an excellent alternative for patients who suffer from dry eyes and allergies.

*Reshaping The Way  
The World Sees!*

# WHY

*Corneal Reshaping therapy is ideal for athletes, and active lifestyles*

- Clear unaided vision during activities
- Unobstructed field of view and total peripheral vision without interference from glasses
- No more eyeglasses that fog from sweat or temperature changes
- No irritation caused by contact lenses
- No need to bring spare contacts and supplies to practice and game days
- No worrying about potential complications of refractive surgery, which could adversely affect the athletic performance for a lifetime
- Provides more stable vision during quick head and body movements



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