



NOVA SCOTIA EYECARE PROFESSIONALS

For immediate release

Contact lenses: the fit matters

Having a contact lens fitting can reduce the problems associated with wearing contacts

Halifax, NS, October 1, 2015 - Contact lenses are a great option to provide crisp, clear and convenient vision to those who require an eyeglass prescription in order to see their best. They provide a safe alternative to eyeglasses for those who want to wear contacts for cosmetic purposes at social events or, for more practical reasons, such as making it easier to participate in certain sports or hobbies.

Contact lenses should be properly fit and assessed by an eye care professional that has been trained to complete contact lens fittings in order to avoid eye health problems that can arise due to the improper use of contact lenses or, from poorly-fitted contacts. Contact lens fitting-opticians, optometrists and ophthalmologists are trained professionals in fitting and prescribing contact lenses, ensuring a personalized contact lens prescription, tailored to the contact wearer's needs and wants. As there are many contact lens options available, including cosmetic contact lenses, it is very important to discuss personalized needs with an eye care professional to ensure comfort, satisfaction and safety with contact lens wear.

“Believe it or not, optometrists have been seeing individuals who share their contact lenses or buy them second-hand,” said Dr. Ian McCarthy. “This can be quite alarming, considering the eye health problems that can occur with improper contact lens use and handling. Because contact lenses interact with the tissue on the surface of the eyes, when they are used second hand they can pass germs and substances in our tears from one person to the next. Sharing contact lenses is similar to sharing a used toothbrush – some things are just not meant to be shared.”

Contact lenses, prescribed by an eye care professional, can be a very satisfying and convenient way to correct vision issues such as nearsightedness, farsightedness, astigmatism and reading issues associated with aging changes. There are many contact lens options to suit any lifestyle and just as the fit is important when selecting a pair of shoes, the professional fitting of a contact lens is an important first step.

All contact lens-wearing eyes deserve a proper contact lens fitting; contact your eye care professional if you require more information about your contact lens options.

For more information, contact:

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