

Optometry DistList  
Instance 2016: 36  
Wednesday, 3 November 2016

Today's subjects

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- Former Microsoft engineer created a contact case that could lower risk of eye infection
- What you see in this optical illusion says plenty about your brain
- Contact lens wearers: Can eye makeup cloud your vision?
- Online seminar for Optometry professionals, faculty and practitioners
- Inviting subscription & contributions to Optometry Distlist
- The IVI 'In conversation with Vinod Daniel' video series

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Date: 24 October, 2016  
From: Amarnath Venkat ([amaropt@gmail.com](mailto:amaropt@gmail.com))  
Subject: **Waterloo study finds kids' eyesight worsening earlier and largely uncorrected**

Nearsightedness in children increases nearly fivefold from Grade 1 to Grade 8, with almost a third of the cases going undiagnosed and uncorrected, according to new research.

The team from the University of Waterloo's Faculty of Science and the CNIB found that near-sightedness, or myopia, increases from 6 per cent to 28.9 per cent over the age range studied. Children from the Waterloo Region and Waterloo Catholic District School Boards participated in the landmark study and overall, 17.5 per cent of them are near-sighted.

What surprised researchers the most was the number of cases of myopia going undetected and uncorrected. Left untreated, the condition worsens until the age of 21. Since it starts earlier in children today, it is possible that they may experience a much greater decline in their eyesight over a lifetime compared with previous generations.

According to the report, a child has more than double the risk of developing myopia if a parent has it. However, the study found that spending one additional hour per week outdoors significantly lowers the odds of children becoming near-sighted.

The researchers plan to extend the pilot study to populations nationwide, looking at eye health within different ethnicities and environmental settings.

"We expect to find the same results in children across the country," said Keith Gordon, Vice-President Research, CNIB. "It's important for children between the ages of 6 and 19 to get an eye exam every year, as recommended by the Canadian Association of Optometrists. However, even with annual check-ups, parents need to ensure that their children spend less time in front of screens and more time outside, even if it's just one extra hour a week."

For the complete article, please visit: <https://uwaterloo.ca/science/news/waterloo-study-finds-kids-eyesight-worsening-earlier-and?hootPostID=5fa444eb8d265c44499e9d62ba0c45c0>

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Date: 15 October, 2016  
From: Tejpal Sohal ([tejpal04@gmail.com](mailto:tejpal04@gmail.com))  
Subject: **Former Microsoft engineer created a contact case that could lower risk of eye infection**

Improper contact use causes nearly a million Americans to get eye infections every year. Most of those infections come from wearing contacts overnight. But they can also be caused by other factors, including a bacteria biofilm (a group of cells that join together), which can form in polyethylene (plastic) contact cases. If you use weekly or monthly contact lenses, your case might be a breeding ground for bacteria, which can colonize in the cornea when you put in your contacts, leading to infection or inflammation.

A new case, called Contax, aims to keep those bacteria from building up. Its creator, Fauzia Lala, a former Microsoft engineer, recently launched an Indiegogo campaign to mass produce Contax. The first cases are expected to ship in late 2016, and backers can purchase them for \$15 each.

Shaped like an eye, the case is made of glossed acrylic, which is harder to scratch and easier to clean than polyethylene. Bacteria like to collect in scratches, since they act as tiny pockets where germs can sit. Research suggests that bacteria are more likely to congregate when a surface is rough, so Contax's compartments feature a smooth surface. The leak-proof case has two stacked compartments (one for each lens) and comes in 7 different colours. To open it, you swivel the top compartment.

"I have worn contact lenses for almost a decade," Lela wrote on Indiegogo. "I have struggled to properly care for my lenses: keeping sanitary, carrying in a compact travel-easy box and in fact even expressing my style ... After doing some research, I learned that other people struggle with the same issues, and there's a demand for a great solution." Contax could provide a stylish, bacteria-free alternative to normal contact cases.

For the complete article, please visit: <http://www.businessinsider.in/A-former-Microsoft-engineer-created-a-contact-case-that-could-lower-your-risk-of-eye-infection/articleshow/55035609.cms>

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Date: 15 October, 2016

From: Sneha Anantha Krishnan ([iyers3012@gmail.com](mailto:iyers3012@gmail.com))

Subject: **What you see in this optical illusion says plenty about your brain**

"It's a brand new optical illusion, "according to UNSW School of Optometry and Vision Science researcher Juno Kim.

When presented with two differently lit images, individuals perceived the material of the image's subject differently.

"Optical illusion appears to be driven by two main biases in the brain. The first is the assumption that a light source usually comes from above. This bias is the reason people look scary and very different when they put a torch under their chin. The brain is used to processing faces with the light coming from above.

"Our brain is sophisticated, but when it is trying to infer the material composition of an object just from the distorted pattern of light reflected from the surface, it makes guesses based on previous experience," Kim said.

To view the images and for the complete article, please visit: <http://www.huffingtonpost.com.au/2016/09/29/what-you-see-in-this-optical-illusion-says-plenty-about-your-brain/>

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Date: 15 October, 2016

From: Aarthi Jude ([aarthijude@gmail.com](mailto:aarthijude@gmail.com))

Subject: **Contact lens wearers: Can eye makeup cloud your vision?**

Alison Ng, a postdoctoral fellow at the University of Waterloo's Centre for Contact Lens Research (CCLR), studied how eyeliner applied to the "waterline," the inner part of the eyelash line, moves onto the tear film - the thin, wet layer that protects the eye.

In her research, Ng captured more than 200 frames of video at timed intervals of her subject's eyes. She and her research team then used specialized software to count every tiny particle of glitter that appeared on the surface of the eye and the results were clear -- when we apply makeup along the waterline more eyeliner moves into the tear film.

### **Makeup gets trapped in contact lenses**

Ng's research showed that the makeup gets flushed away by your tears within a couple of hours. But people who wear contact lenses run bigger risks because the makeup can get trapped by the lenses and affect your vision.

Contact lenses add a physical barrier and lenses worn for multiple days are especially problematic because they continually re-introduce and collect unwanted debris, cautions Ng. "This can create cloudiness in contact lenses and disrupt vision,"

she says. "For anyone who wears heavy makeup or enjoys regularly applying beauty products around the eye, I would recommend daily disposable lenses for optimal cleanliness and comfort."

Anyone with dry eyes -- thanks to genetics, or environment, or staring at a screen all day -- may also be susceptible to more noticeable irritation, Ng says. Her study used healthy females without contact lenses as a baseline, but the connection to dry eyes and contacts is obvious.

#### Hygiene tips for all types of eyeliner tips:

- Redness, itchiness, or irritation are all signs that it may be time to switch up your makeup routine to keep your eyes clear and healthy.
- "You have to think about cosmetic use at all stages. Consider which products you choose, how you apply the products, and how you remove them at bedtime," says Ng.
- Prevent bacterial transfer by sharpening eye pencils thoroughly before each use. Twist-up products are tricky, but manageable. She recommends that people who favour this style of eyeliner trim a small piece of eyeliner from the end of the product before every application.

For the complete article, please visit: [https://uwaterloo.ca/stories/contact-lens-wearers-can-eye-makeup-cloud-your-vision?utm\\_source=social\\_organic&utm\\_medium=facebook&utm\\_campaign=waterloo\\_stories&hootPostID=f0c79396cf38e3d7a6c5cca675f5537](https://uwaterloo.ca/stories/contact-lens-wearers-can-eye-makeup-cloud-your-vision?utm_source=social_organic&utm_medium=facebook&utm_campaign=waterloo_stories&hootPostID=f0c79396cf38e3d7a6c5cca675f5537)

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Date: 2 November, 2016

From: Sony Singh ([sony.singh@indiavisioninstitute.org](mailto:sony.singh@indiavisioninstitute.org))

Subject: **Online seminar for Optometry professionals, faculty and practitioners**

IVI is pleased to announce the 6th online seminar for Optometry professionals, faculty and practitioners.

**Topic:** Latest Designs in Rose-K Lenses

**Speaker:** Professor Monica Chaudhry - Professor and Head, Department of Optometry and Vision Science, Amity Medical School, Gurgaon

**Date:** Saturday, 5 November 2016

**Time:** 2.00 - 3.00 PM

**Registration:** To register, please fill in the attached registration form and send it to [sony.singh@indiavisioninstitute.org](mailto:sony.singh@indiavisioninstitute.org) before Friday, 4 November 2016

If already registered, you will automatically receive the web link from IVI to join the session.

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Subject: **Inviting subscription & contributions to Optometry Distlist**

IVI invites contribution of articles to our initiative, *Optometry Distlist*, a bi weekly e magazine catering to the wider Optometry and eye care community in India and overseas.

The Distlist features interesting developments in eyecare and optometry including national and international events, job openings, news updates, research work, and initiatives undertaken by various organizations. The subscribers for the e magazine include students, educators, researchers, practitioners, entrepreneurs and those from the wider eye care industry. We have a little over 1000 subscribers since we began in 2014. To subscribe to Optometry Distlist, please write to us at: [info@indiavisioninstitute.org](mailto:info@indiavisioninstitute.org)

Contributions in any of the realms mentioned can be mailed to [info@indiavisioninstitute.org](mailto:info@indiavisioninstitute.org). In case of a published work, please include the website link pertaining to the contribution. Articles authored by the contributor must accompany references.

For further information, please write to [info@indiavisioninstitute.org](mailto:info@indiavisioninstitute.org)

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Date: 03 November, 2016

Subject: **The IVI 'In conversation with Vinod Daniel' video series**

The IVI 'In conversation with Vinod Daniel' video series cover dialogues with a wide range of individuals presenting their perspectives on the subject of eye care and philanthropy in India. Launched in April 2014, the video series has so far featured IVI CEO Mr Vinod Daniel in conversation with many eye care and public health professionals, practitioners, policy makers, educators, doctors and philanthropists from the wider eye care and Optometry community. The series has also featured national and international leaders in Optometry and eye care. Celebrities including Khusboo Sundar, Lakshmi Manchu, Jatin Das, Nandita Das and Nicole Faria who came forward to support IVI's cause also shared their experiences through the videos. The latest videos feature conversations with Nawabzada Mohammed Asif Ali - Dewan to the Prince of Arcot, Ms Harinder Sidhu - Australian High Commissioner to India, Mr Clive Miller - CEO, Optometry Giving Sight, Mr Shiv Kumar Janardhanan - CEO, Essilor, India and Mr Ramachandran P - COO, Essilor, India

Visit <https://www.youtube.com/user/indiavisioninstitute> to watch the videos and don't forget to share them.

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**Administrivia:**

The OptDistList is a service provided by the India Vision Institute (IVI)  
DistList postings are for informational purposes only and do not imply endorsement by IVI

**Instructions for DistList postings:**

IVI invites contributions including latest updates and new developments in Optometry, innovative ideas, optometry job vacancies, conferences, links to interesting articles and other latest happenings. All contributions need to be in word format (not more than two to three paragraphs including a title). Send in your contributions with your name and contact details to [info@indiavisioninstitute.org](mailto:info@indiavisioninstitute.org)

**DistListArchives:**

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