

Spotlight on Success

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Myopia, an Epidemic Eye DISEASE!

Peter E. Wilcox OD, FIAO

Would you want this to happen to your child's face?



Just so you know, it may be happening to their eyes!



Peter E. Wilcox OD, FIAO

It may seem hard to believe, however, that is exactly what is happening to the back of the eyes of children who are becoming more nearsighted every year. The child with progressive myopia (nearsightedness) suffers from an **abnormal lengthening of the posterior anatomy of the eye**. The longer eye is defocused, or more myopic, and thicker/stronger glasses or contact lenses are needed. The cycle usually continues through puberty but progression can extend well into the 20's or beyond. Sadly, the added consequences linked to stretched eyes are a significant increase in eye diseases such as early onset **cataracts** (3x greater risk), **glaucoma** (18x greater risk), and **myopic macular degeneration and retinal holes and tears** (8x greater risk).^{1, 2}

There is a phenomenal worldwide increase in both the presence and degree of myopia. In fact, in Americans aged 12 to 54 years, the **prevalence of myopia has almost doubled to 40%** in the past 30 years.³ Where does Myopia come from?

Genetics⁴ play a small role as the meteoric rise cannot be explained by genetics. Epigenetics and environmental influences are more likely at fault⁵, as is excessive near work (staring at screens)⁶ and low sun exposure.⁷ What can you do about it?

Though there are a few choices, **the best option is to provide your child, or yourself, with the gift of Corneal Molding (CM) (also known as orthokeratology)**.

CM is a non-surgical, safe, effective, and FDA approved treatment for myopia (nearsightedness) and certain degrees and forms of astigmatism. As compared to conventional methods of vision correction, CM's goal is the temporary elimination of refractive errors so the CM patient is able to see clearly for all daytime hours without the use of glasses

or conventional contact lenses. Children can be treated with this technique because the principles of CM are safe, effective and approved for people of all ages.

CM involves the use of highly specialized therapeutic corneal contact lenses which are worn during sleep in order to gently reshape the central curvature of the cornea. Upon waking, the CM lenses are removed and the patient can see clearly during waking hours WITH NOTHING IN THEIR EYES!

The advantages of CM are numerous. The freedom from the need to use vision correction appliances is obvious, especially for active young people. Clear vision without glasses or conventional contact lenses is advantageous for those involved in sports, most notably if performed in a dusty environment (baseball, softball, lacrosse, field hockey, soccer . . .) or associated with water (swimming, boating . . .). The use of the CM lenses in a generally more controlled and hygienic environment at

home often avoids the common complications of infections and inflammations seen with the use of conventional contact lenses.

Of greatest interest to parents of progressively nearsighted children is the potential ability

of CM to control and often halt the progression of myopia and eye stretching.

A number of well controlled scientific studies have suggested that this form of therapy is highly effective in controlling the rate of progression of myopia.

Williamsburg resident, Dr. Peter E. Wilcox OD, FIAO has not only been providing CM to his patients for over 15 years, he has been a significant contributor in



We are so happy with Dr. Wilcox and corneal molding. Maggie's eyesight began to decline in the 2nd grade. I was desperate to stop Maggie's rapidly progressing nearsightedness. It felt like a miracle when we discovered the answer in our own community! Dr. Wilcox is amazing . . . Maggie's vision has not diminished since she began wearing corneal molds at night. She can dance and go to school without glasses or contacts. I give my highest recommendation to Dr. Peter Wilcox and corneal molding.

— Hettie Weber

the field as an: author, innovator & nomenclature creator, lecturer, educator to other doctors & co-investigator and author of the CANDY Study (Google it!). Since there is simply too much to communicate and answer all your questions, please visit his web site www.Wilcoxeye.com and watch his CM videos or view/read patients testimonials.

Dr. Wilcox has been in practice for nearly 30 years in Gloucester County. Allow him to help your nearsighted child. While you're at it, treat yourself or your loved ones and allow him to help anyone from 2 to 102.

Should you be interested in a reference list of the cited studies/papers, please contact our practice at 804-642-9800.

in focus...

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I am a mother of two daughters who both suffer of near sighted vision. My oldest started having vision problems when she was in 2nd grade. She initially started wearing glasses which had to be changed often because of prescription changes. She quickly became frustrated with her glasses and found them very annoying to wear for school, dance and most all sports. I was very concerned about how frequently I had to change her glasses until I visited the Wilcox Eye Center where they recommended corneal molding to help reduce the progression of her near sighted vision as she grew and also gave her the ability for perfect vision without the need for wearing glasses or contacts during the day.

I had a wonderful consultation at the Wilcox Eye Center. Dr. Wilcox was very knowledgeable and professional in explaining everything regarding how corneal molding worked in great detail not only to me as a parent, but also to my daughters who untimely had to care for and wear the molds on a daily basis. The staff at the eye center were so kind, they made everything comfortable and stress free. The process is very simple and the results are amazing. My oldest daughter could see everything perfectly after wearing the corneal molds overnight as she slept. She was so excited to be able to see everything for the first time without glasses. The results were so incredible that when my youngest daughter started having the same vision problems at the same age, I didn't hesitate to start her with corneal molding.

My oldest child is now in tenth grade and has been using corneal molding for the past eight years and my youngest has been wearing them for the past three years with the same results. I can honestly tell you that corneal molding has been the most amazing and best decision I have ever made for my children. I am such a believer in the concept of corneal molding and Dr. Wilcox's abilities that I have recommend him to countless other parents who also have children with near sighted vision.

Thank you Dr. Wilcox and all of your staff in the office!

— Marcela Hanks



¹Flitcroft, 2012; ²Tano, 2002; ³Vitale et al, 2009; ⁴Morgan and Rose, 2005; ⁵Wojciechowski, 2011; ⁶Herzberg, 2016; ⁷Yazar et al., 2014