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TREATMENT INNOVATION

VISUAL REHABILITATION OF KERATOCONUS: MINI SCLERAL CONTACT LENSES SUPERSEDE SURGERY



By Jérôme C. Vryghem, MD

The options for visual rehabilitation after keratoconus treatment have evolved since the days of rigid contact lenses. One of the most promising new choices is mini scleral contact lenses. They offer efficacy similar to that of their rigid counterparts but are much more comfortable, making even full-day wear possible. Furthermore, because the lens is not in contact with the conus, there is no risk of corneal scarring. Mini scleral contact lenses have been implemented by a limited number of centers in Belgium, and here Dr. Vryghem reports on his experiences.

bit.ly/vryghem716

A COMBINED CORNEAL EPITHELIAL DEBRIDEMENT TECHNIQUE



By Rafael Bilbao-Calabuig, MD; Felix Gonzalez-Lopez, MD; Miguel A. Calvo-Arrabal, MD; José R. Villada, MD; and Jaime Beltrán, MD

Several modifications of the conventional PRK procedure have been introduced in an effort to minimize the disadvantages of surface ablation. These alternatives modify the means by which the corneal epithelium is removed prior to laser photoablation so as to reduce the trauma caused by epithelial debridement. The advantages and disadvantages of each method are controversial. This article describes a technique in which the corneal epithelium is peeled off prior to excimer laser surface photoablation. The procedure combines both chemical and blunt mechanical processes to minimize patients' discomfort and potentially improve the safety of the procedure.



bit.ly/debridement716

BETTER BUSINESS

WHAT IS YOUR SCALE OF VALUES?



By Wolfgang Riha, MD, and Harry M. Jansen Kraemer Jr

In order to run successful medical practices, today's ophthalmologists must engage in many activities that blur the line between their profession as a physician who treats and cures people's eye diseases and the colorful landscape of business management. Ideally, the center of a physician's attention should be a well-balanced combination of both, but trying to perfect these worlds is quite challenging. Luckily, the four principles of values-based leadership can significantly enhance one's enthusiasm for this quest. Mastering the ability to lead other people is one of the biggest challenges in the business world, yet a good leader is the heart of every successful corporation. In order to lead others, one needs to be more than an alpha-type personality. It is not enough to be called the boss. Good leadership is target oriented and flexible but, nevertheless, human. Most importantly, it is authentic. ■

bit.ly/riha716