



CORE

Centre for Ocular
Research & Education

CORE Publishes Contact Lens Sustainability Infographics Series in 25 Diverse Languages

Effort Follows Widespread Global Response to English-Only Versions

WATERLOO, ONTARIO, October 31, 2023—The [Centre for Ocular Research & Education \(CORE\)](#) has published a series of infographics in 25 diverse languages that encourage responsible contact lens recycling and disposal. The initiative resulted from widespread positive feedback about four English-only versions released earlier this year.

The series is now available for download and use by the global eye care community at <https://contactlensupdate.com/2023/10/31/contact-lens-sustainability-infographics/>

Languages now include Afrikaans, Arabic, Croatian, Danish, Dutch, English, Finnish, French, German, Greek, Hindi, Indonesian, Italian, Japanese, Malay, Norwegian, Persian, Polish, Portuguese, Russian, Serbian, Slovak, Spanish, Swedish, and Vietnamese. CORE plans to distribute additional languages over the coming months.

The four separate designs are intended for professional and consumer educational purposes, as sustainable practices and programs are becoming more established within the contact lens sector. One infographic helps communicate with wearers about relative impact, putting contact lens-related waste into context with other common products and lifestyle habits. Two others explain the best routes for ideal contact lens disposal, while a fourth reminds wearers not to place their contacts into wastewater systems. These can be provided to patients directly as printed resources, sent via email or text, or used on social media and practice websites to make consumers aware of available options.

“Several contact lens manufacturers have demonstrated sustainability commitments by preventing waste and inspiring reuse, recycling, recovery, and responsible disposal. Helping patients grasp that they can enjoy their contacts while remaining environmentally responsible is something we should all be reinforcing,” said Daddi Fadel, DOptom, clinical scientist with CORE and the coordinator of the translation initiative.

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About the Centre for Ocular Research & Education (CORE)

The [Centre for Ocular Research & Education \(CORE\)](#) was established in 1988 at the University of Waterloo’s [School of Optometry & Vision Science](#). Over the next three decades, the organization evolved from a three-person operation into a thriving hub of basic and applied research, collaborating with sponsors, agencies and academia on advanced biosciences, clinical research and education. Its uncompromising independence and results of the highest quality have been at the heart of many of the most prominent advances in eye health. Today, its approximately [50-person team](#) serves a range of ophthalmic sectors, including medical devices, ocular pharmaceuticals, digital technology and others, with a focus on the anterior segment. For more information, please visit core.uwaterloo.ca.

Contact Lens Update

CLINICAL INSIGHTS BASED IN CURRENT RESEARCH

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Contact Lens Sustainability Infographics

October 31st, 2023

Discover our collection of infographics, available in 25 languages, designed to promote responsible contact lens recycling and disposal. Created by the Centre for Ocular Research & Education (CORE), these infographics are a valuable resource for both eye care professionals and consumers.

Use these infographics to raise awareness about sustainable contact lens practices. Download and share them with your patients, and on social media to help make a positive impact.

English



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.pdf / .jpg



.pdf / .jpg



.pdf / .jpg

Afrikaans



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Arabic



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Issues

- A Review of Ocular Surface Immunology
- Corneal Ectatic Disorders
- The role of biometry in myopia management
- In-Office Procedures for Dry Eye Multifocal Contact Lenses
- Artificial Tears: An Update
- Myopia: New Evidence and Best Practices
- Neuropathic Pain
- Specialty Rigid Lenses
- Contact lens compliance
- Pandemic update
- Digital Devices and Dry Eye: A Growing Issue
- The long and short of axial length
- Using BCLA CLEAR with your patients
- Helping your patients through allergy season
- Getting the measure of meibomian glands
- 2020: An extraordinary year
- Scleral lens update
- A dose of myopia
- New news since TFOS DEWS II
- COVID-19 Special Edition
- Material considerations
- Putting dry eye theory into practice
- Getting started with Ortho-K
- Infiltrates – an update
- Staining
- Myopia matters: Summarising the IMI reports
- Lids and contact lenses
- Myths
- Revisiting patient compliance
- Contact Lenses & Kids
- Interprofessional Collaboration
- Digital eye strain
- New Dry Eye Technology

QUE FAIRE DES DÉCHETS LIÉS AUX LENTILLES DE CONTACT?¹

LENTILLES JOURNALIÈRES



100 % des déchets sont recyclables.²

LENTILLES À RENOUVELLEMENT FRÉQUENT

81 % des déchets sont recyclables.²



COMMENT RECYCLER?

Soit par la filière habituelle de traitement des déchets ménagers, soit par l'intermédiaire d'un spécialiste du recyclage tel que TerraCycle®.²



TERRACYCLE

	Filière de recyclage des déchets ménagers	Spécialiste du recyclage (TerraCycle®)	Ordures ménagères
Emballages en carton des lentilles de contact et des solutions d'entretien			
Blisters, opercules et lentilles de contact elles-mêmes			
Flacon de solution d'entretien			
Bouchons des flacons de solution d'entretien, bagues d'inviolabilité, étuis pour lentilles de contact			

Certaines municipalités ne sont pas en mesure de prendre en charge ce type de déchets, veuillez vérifier d'abord et les rapporter à un centre de tri spécialisé si besoin.



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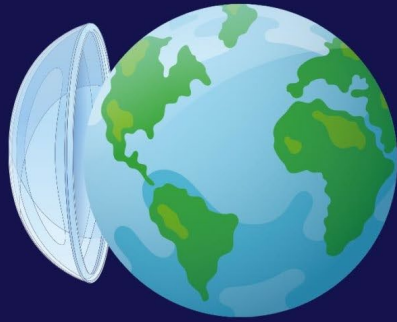
UNIVERSITY OF WATERLOO
FACULTY OF SCIENCE
School of Optometry & Vision Science

¹ Ng A, et al. Addressing Patients Concerns Around Recycling and Sustainable Contact Lens Wear. <https://www.opticianonline.net/content/features/ocls-addressing-core-questions-about-sustainability>

² Smith SL, et al. An Investigation Into Disposal and Recycling Options for Daily Disposable and Monthly Replacement Soft Contact Lens Modalities. *Cont Lens Anterior Eye*. 2020;45:203-210.

Traduit par Thibaud Syre

どれくらいのごみがでるの コンタクトレンズの使用で¹



コンタクトレンズの使用によるごみの量は、
一般的な家庭ごみの約0.2~0.5%程度。^{2,3,4}



1日使い捨てレンズを常用した場合、
1年間のごみの量は約1.1 kg。²



頻回交換レンズを常用した場合、
1年間のごみの量は約0.9 kg。²



コンタクトレンズの使用による
ごみの年間廃棄量は、他に生活の
中で発生するごみよりも少ない。^{2,3}



水のペットボトルの年間廃棄量は、

10x

コンタクトレンズの使用によるごみ
よりも10倍多い。³

週3~4回の使用では、1日使い捨てでも頻回交換でも発生するごみの量は
同じくらい。²

WHAT TO DO WITH CONTACT LENS WASTE?¹

WASTE?¹

DAILY DISPOSABLES



100% of the waste is recyclable.²

REUSABLE LENSES

81% of the waste is recyclable.²



HOW TO RECYCLE

Either through your regular household waste service or a recycling specialist like TerraCycle^{®2}



	Household Recycling System	Specialist Recycling (TerraCycle [®])	Household Waste
Contact lens/solution packaging (cardboard boxes/carton)			
Contact lens tray, foils & lenses themselves *			
Solution bottle			
Contact lens solution lids, tamper evidence rings, stoppers, and contact lens cases			

*not all municipal waste managements are able to process/sort these items, please check first & resort to local recycling specialist if required



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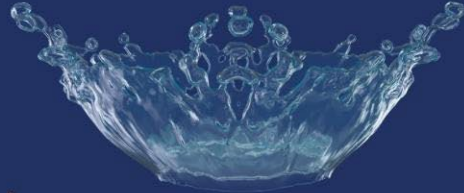
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² Smith SL, et al. An Investigation into Disposal and Recycling Options for Daily Disposable and Monthly Replacement Soft Contact Lens Modalities. *Contact Lens Annual Eye*. 2022;45:1034-5.

Translated by:



UMWELTGERECHTE NUTZUNG VON KONTAKTLINSEN¹



Kontaktlinsenabfallverhalten

21% (US) - 27% (UK) der Kontaktlinsenträger spült seine Linsen den Abfluss oder die Toilette herunter.^{2,3}

Auswirkung auf das Abwassersystem

~ 44.000 kg des jährlichen Kontaktlinsenmülls landet im Abwassersystem.³



Umweltauswirkung

Große & kleine Fragmente von Kontaktlinsen wurden in Klärschlamm gefunden. Diese Plastikteilchen finden ihren Weg in unsere Nahrungskette und schädigen das Ökosystem Wasser.^{4,5,6}

Wie recycelt man richtig?



	Städtisches Wiederverwertungssystem	Wiederverwertungsspezialist (TerraCycle®)	Hausmüll
Kontaktlinsen/Pflegemittelverpackung (Pappschachtel & Kartonage)			
Kontaktlinsenblister, -folie & Kontaktlinsen *			
Pflegemittelflasche			
Pflegemitteldeckel, Sicherheitsfolie, Flaschenstopfen & Kontaktlinsenbehälter			

*nicht alle Recyclinghöfe können diesen Abfall abfertigen/sortieren, bitte im Voraus überprüfen und gegebenenfalls einen örtlichen/anderen Wiederverwertungsspezialisten nutzen.

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